

# WE'RE in IT FOR THE DOUGH.

#### CRUST. NOT CASH.

Deliciously crispy crust.

All natural toppings.

Plus all profits to charity.

That's good no matter how you slice it.







2 Editor's Letter 20 Nourish BY AVA CHIN

Recipe & Nutrition Index

Tastemakers: Vertical-Gardening Guru

#### FRESH

9 An Artichoke Tradition
10 Cook Like Grandma
12 Shop Smart: Granola
14 Save Our Water
16 Arsenic in Rice

23 Weeknights: 1Bag, 5 Dinners

33 In Season: Asparagus

39 Market Pick: Curry Paste

46 See It, Make It: Nut Butters

48 Makeovers: Matzo Ball Soup

#### TEST KITCHEN

93 Techniques: Scones—Sweet & Savory

96 Ask Stacy: Baking powder vs. baking soda

97 Tips & Notes

#### FEATURES **50**

Sweet on Rhubarb
These stalks are crazy
sour. But put them in the
right recipe and you've
got a crazy good taste
of spring.

TEXT BY DIANA HENRY RECIPES BY APRIL MCGREGER

#### 58 Chicken ♥ Herbs

Chicken ♥ Herbs
The easiest way to make
your chicken sing—punch
it up with fresh herbs!
BY DIANA HENRY

64 Mike's Mezze

Superstar chef Michael Solomonov has brought Tel Aviv's naturally healthy street foods to Philly. Here's how you can make them at home. BY JANE BLACK RECIPES BY MICHAEL SOLOMONOV

#### 74 Graceful Greens

Ever wonder about those greens you never buy, like Chinese broccoli, bok choy or snow pea shoots? It's time to add them to your shopping list.

BY GRACEYOUNG

#### 84 The Gluten Enigma

The gluten-free trend keeps growing, but is it all just hype? We untangle the latest science and sort fact from fiction. BY SAMUEL FROMARTZ



#### April Showers Bring...

Here's how Vermont looks right about when this issue hits the newsstand: the trees are bare, the snow has melted, everything is mud. When I moved here from California I couldn't wait to be in a place with real seasons. I adore winter: love all the sports. Summer is

awesome: tomatoes, berries and corn! Fall: no need to explain that one. Just ask the swarms of leaf peepers here on any October weekend. But in my book, mud season is a real loser.

I know harshing on the season of promise and rebirth is not nice. Regardless, I mentally grit my teeth as I drive along my dirt road each morning, slowing down for the frost heaves and listening to the meteorologist on Vermont Public Radio chirp about the quaint

scenes of spring's progress. "Robins were eating worms in Bennington. Steam has been rising from a maple-sugar shack in Huntington for a week. The ice has gone out on Joe's Pond." Over 12,000 people a year bet on the date that the ice on this pond will disappear. I suppose that's one way to manage cabin fever.

But all this isn't enough to get me amped up. I have to hang on a few more weeks until the edible world starts to heat up. Once it does, though, it's on! First up: the green tips of rhubarb leaves (page 50) poke out of the still-chilled earth. My mother, an overachieving gardener, makes daily trips to the greenhouse to tend her flats of seedlings that will soon be ready to be transplanted. And with the help of a few warm sunny days, the asparagus (page 33)

> emerges, growing as much as 10 inches a day. When all this happens I'm back to being enamored of living in a place where I could really use a mudroom.

> These days, with produce shipped all over the world and greenhouses in New England growing tomatoes in the dead of winter, it's easy to forget fruits and vegetables have seasons. And sometimes that's just fine. But when you eat seasonally you get food that hasn't traveled far, which is easier on the environment

and sometimes your wallet. The best part: it just tastes a whole lot better. More fresh and more flavorful. Maybe this year if I keep that first puckering taste of rhubarb and the grassy green of asparagus in mind, I'll remember to see the promise of mud season.

Jessie Price, editor@eatingwell.com







## ADD SOME AMOR.



They're every meal's tastiest amigo, because only Avocados From Mexico are available all year round, grown with amor and dedication. The next time you're crafting lunchtime sandwiches, make them a little more special with the top-selling avocado brand in the U.S.



#### WHERE GOOD TASTE Eating Well MEETS GOOD HEALTH

#### Editor-in-Chief JESSIE PRICE

Food Editor JIM ROMANOFF Senior Food Editor CAROLYN MALCOUN Associate Food Editor BREANA LAI, M.P.H., R.D.

Test Kitchen Manager STACY FRASER Recipe Developer & Tester CAROLYN CASNER

Nutrition Editor BRIERLEY WRIGHT, M.S., R.D.
Associate Nutrition Editor LISA D'AGROSA, M.S., R.D.

Nutrition Consultant JILL CERRETA, M.S., R.D.

#### ART & PRODUCTION Creative Director JAMES VAN FLETEREN

Managing Editor WENDY S. RUOPP, M.S. Manager of Production & Custom Publishing JENNIFER B. BROWN, M.B.A. Art Director/Designer MARIA EMMIGHAUSEN Assistant Managing Editor ALESIA R. DEPOT Research Editor ANNE TREADWELL Advertising Operations Manager AMBER LEMBERG
Production Director KENT POLLPETER Advertising Production Supervisor GRANT WHEELER Senior Director Quality DAVID WOLVEK

#### DIGITAL

Digital Director MICHELLE EDELBAUM Web Producer & Digital Marketing SARAH HOFF Assistant Web Editor JESS WISLOSKI-MARTIN

#### CONTRIBUTORS

Bruce Aidells, Nancy Baggett, Jane Black, Barry Estabrook, Rachael Moeller Gorman, Paul Greenberg, Joyce Hendley, Rowan Jacobsen, Gretel H. Schueller, Katie Webster

#### **NUTRITION & HEALTH ADVISORY BOARD**

#### PHILIP ADES, M.D.

Director, Cardiac Rehabilitation and Preventive Cardiology,
University of Vermont College of Medicine RACHEL K. JOHNSON, PH.D., M.P.H., R.D. Bickford Green & Gold Professor, Nutrition & Food Sciences, University of Vermont

DAVID L. KATZ, M.D., M.P.H., F.A.C.P.M., F.A.C.P. Director, Yale University Prevention Research Center ALICE H. LICHTENSTEIN, D.SC.

Senior Scientist, Director of the Cardiovascular Nutrition Laboratory, Jean Mayer USDA Human Nutrition Research Center on Aging, Tufts University RICHARD MATTES, Ph.D., M.P.H., R.D.

Professor of Foods and Nutrition, Purdue University MIRIAM E NELSON PHD

Director, John Hancock Center for Physical Activity and Nutrition, Tufts University MARION NESTLE, PH.D., M.P.H.

Paulette Goddard Professor of Nutrition, Food Studies and Public Health, New York University

BRIAN WANSINK, PH.D. John S. Dyson Professor of Marketing, College of Agricultural and Life Sciences, Cornell University

#### **EATINGWELL MEDIA**

#### President, Women's Lifestyle Group THOMAS WITSCHI

Business Director CHRISTY LIGHT Senior Business Manager ROBYN DEAN Advertising Business Manager STEPHANIE RABBANI Vermont Office Manager TERRY LYSOGORSKI Publicist LIV REN

PR REQUESTS: Liv.Ren@meredith.com

#### **EDITORIAL & LICENSING OFFICES:**

120 Graham Way, Suite 100, Shelburne, VT 05482

#### SUBSCRIPTION INFORMATION:

Get quick help: www.eatingwell.com/csmag SUBSCRIPTIONS/CUSTOMER SERVICE: P.O. Box 37508, Boone, IA 50037-0508 EWMGsupport@cdsfulfillment.com

#### STEPHEN BOHLINGER Group Publisher DEIRDRE FINNEGAN Publisher

TERRI SMITH Group Associate Publisher, Marketing

#### **ADVERTISING**

805 Third Avenue, 29th Floor, New York, NY 10022 • 212-455-1338 KEVIN GILLESPIE Integrated Advertising Director JOSEPH WINES Account Director BROOKE ENGELDRUM Northeast/New England Account Manager CHIP WOOD Midwest Advertising Sales Manager HARTLEY ARNOLD Midwest Advertising Sales Manager KUUIPO CASHMAN West Coast Advertising Sales Director BRIAN DAVIS Southwest Advertising Sales Director KAREN BARNHART Detroit Director, Corporate Sales

GRACE CHUNG Direct Media Advertising Director
SAMANTHA AMOROSO Direct Media Business Development Manager CHRISTINA FARRINGTON Advertising Sales Assistant (New York) JINNA VORHEES Advertising Sales Assistant (Los Angeles)

#### MARKETING

CIRCULATION

KRISTEN STUCCHIO SUAREZ Group Marketing Director KATHARINE ETCHEN Associate Marketing Director ALYSSA DAINACK Design Director ALYSSA KUPPERSMITH Promotion Director CHERYL MARKER Special Projects Director JIRI SEGER Art Director MELISSA GRIMES Promotion Manager KRISTA CORRAO Associate Marketing Manager SARA DOUMA Group Designer ERIN ABRAMSON Promotion Coordinator

TODD BIFBLE Consumer Marketing Director
JENNIFER HAMILTON Retail Brand Manager
CAROLINE BIDDLE MCKENZIE Direct Retail Sales Manager

#### **INTERACTIVE & LICENSING**

LARRY SOMMERS Vice President, Content Licensing, Digital Media & Business Development RENÉE LAUBER Senior Director, Health & Wellness Content Licensing CARRIE CRESENZI Assoc. Director, Health & Wellness Content Licensing NICCI MICCO, M.S. Content Director, Custom Publishing & Licensing DAVID GRAY Director of Business Development AARON HAWLEY Systems Engineer
MICAH MUTRUX Web Application Developer BRIAN CLIFFORD Front-End Developer NAT WOODARD UI/UX Designer

#### MEREDITH NATIONAL MEDIA GROUP TOM HARTY President

#### **EXECUTIVE VICE PRESIDENTS**

#### RICHARD PORTER President, Media Sales CAREY WITMER President, Parents Network THOMAS WITSCHI President, Women's Lifestyle

JON WERTHER President, Meredith Digital
JAMES CARR Meredith Home Group
GAYLE GOODSON BUTLER Creative Content Leader NANCY WEBER Chief Marketing Officer MICHAEL BROWNSTEIN Chief Revenue Officer DOUG OLSON General Manager

SENIOR VICE PRESIDENTS
ANDY WILSON Chief Digital Officer
MARC ROTHSCHILD Digital Sales
CAROLYN BEKKEDAHL Innovation Officer BRITTA CLEVELAND Research Solution

#### VICE PRESIDENTS

ROB SILVERSTONE Business Planning and Analysis JANET DONNELLY Consumer Marketing LARRY SOMMERS Content Licensing STEPHANIE CONNOLLY Corporate Marketing
BRIAN KIGHTLINGER Corporate Sales LAURA ROWLEY Digital Video PATTI FOLLO Direct Media ELISE CONTARSY Brand Licensing PATRICK TAYLOR Communications DINA NATHANSON Human Resources
CHUCK HOWELL Strategic Sourcing, Newsstand, Production



Add the iPad edition of  ${\it EatingWell}$  to your print subscription today! eatingwell.com/ digitalnow

OUR SUBSCRIBER LIST is occasionally made available to carefully selected firms whose products may be of interest to you. If you prefer not to receive information from these companies by mail or by phone, please let us know. Send your request along with your mailing label to Magazine Customer Service, P.O. Box 37508, Boone, IA 50037-0508.



STEPHEN M. LACY Chairman & Chief Executive Officer PAUL KARPOWICZ President, Meredith Local Media Group

VICE CHAIRMAN MELL MEREDITH FRAZIER IN MEMORIAM E.T. MEREDITH III, 1933-2003



PRINTED IN USA

# how good can feel?

### Yogi

The same things that make

Yogi teas delicious, make them work. Over 100 herbs and botanicals help support things like energy, clarity, awareness and general feel-goodness. In the natural food or tea aisle.



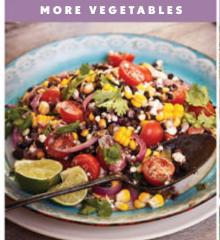


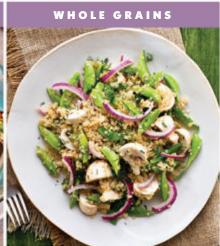


#### Your Plan to Eat Clean This Spring

Get a new 4-week plan of healthy dinners to help you eat clean all month! Start today at

eatingwell.com/cleandinners







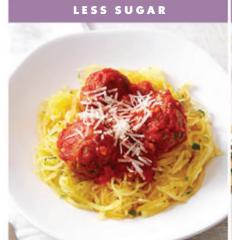
\*Iriscuit crackers contain at least 22g of whole grain wheat per serving.
© Mondelez International Group

#### **Enter to Win a New Le Creuset Pot!**

Enter our daily sweepstakes on March 6 at eatingwell.com/WinDutchOven

NO PURCHASE NECESSARY TO ENTER OR WIN. Subject to Official Rules and entry at www.eatingwell.com/WinDutchOven. There will be one Daily Giveaway Sweepstakes per day. Entries for each daily sweepstakes must be received by 11:59 p.m., E.T. Open to legal residents of the 50 United States, and the District of Columbia, 21 years or older. One entry per e-mail address per day. Online entry onlv. Void where prohibited. Soonsors. Merediffic Corporation.





LESS SODIUM



#### eatingwell.com/WinDutchOven

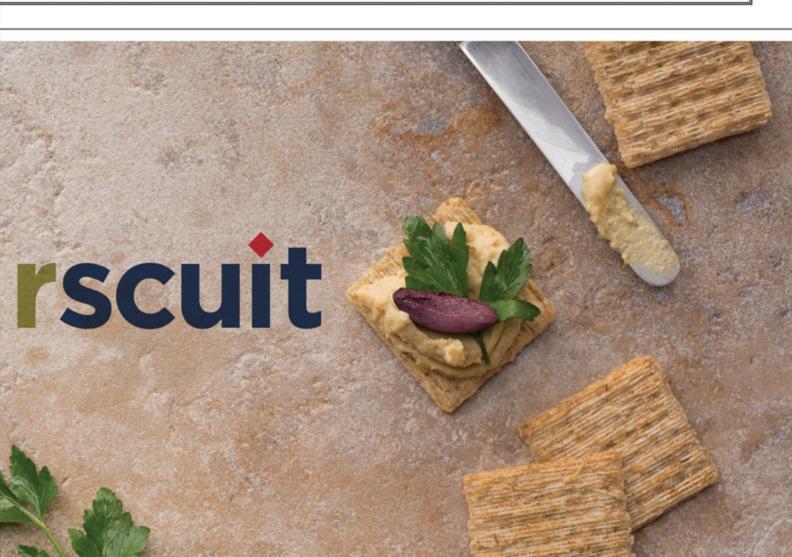
when this beautiful Le Creuset pot is the prize of the day.

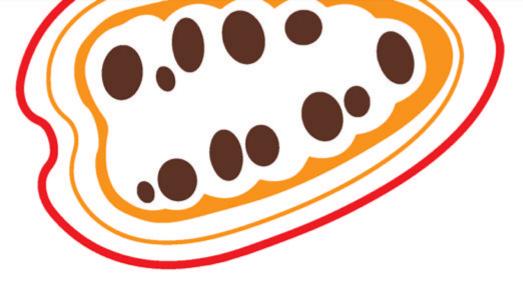


WIN \$15,000 to reorganize & refresh your kitchen

See page 99 for details. Enter for a chance to win our \$15,000 Sweepstakes at

eatingwell.com/ 15ksweeps





## CocoaVia.

(Made from the good stuff in chocolate.)





Despite the chocolate-y rumors, the real health benefits of chocolate come from cocoa flavanols. *CocoaVia®* daily supplement delivers the highest concentration of cocoa flavanols, which are scientifically proven to promote a healthy heart by supporting healthy blood flow†. And that's essential to maintaining who you are for years to come. For a special introductory offer and to learn more visit CocoaVia.com/StayYou



<sup>†</sup>This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. SAVE OUR H2O: What You Need to Know About This Precious Resource // PAGE 14

# FRESH

#### Growing Tradition

Right now in California artichoke season is blossoming. Grab a globe!

**Perched on its tall, thick stem,** the edible bud of the artichoke is one of nature's oddest floral arrangements. But don't be fooled by its exoticlooking exterior: this thistle claims some surprisingly homegrown roots.

That's largely thanks to four families in Castroville, California, who still grow artichokes cultivated from rootstock their ancestors brought over from Italy more than 90 years ago. That rootstock—handed down like a family treasure—has helped turn Ocean Mist Farms into the nation's largest artichoke producer. About 95 percent of the country's artichokes are grown on fields in Castroville,

a city dubbed "Artichoke Capital of the World."

Seek out heirloom green globes (like those shown here) for meatier hearts and fleshier leaves or look for other varieties, such as the wine-colored sangria artichoke. To prepare, trim the stem and the ends of each petal, then steam, bottoms up, until the stems are tender and an outer leaf can be easily pulled off, 20 to 40 minutes, depending on size. (See step-by-step photos at eatingwell.com/webextra.) Go on and have a heart (or two!) or dip the leaves in our hollandaise sauce on page 36 for a treat that's worth working for. —Lindsay Westley







#### A League of Their Own

#### Learn to cook home-style ethnic dishes, just like Grandma did

**TAKE A CLASS** 

**LEAGUEOFKITCHENS.COM:** Choose

from about 1 dozen classes monthly.

**EATWITH.COM** lets you dine in the homes of talented cooks from around

the world, in over 150 cities worldwide.

COURSEHORSE.COM has classes

in NYC, LA and Chicago, with

international cooking lessons offered

in homes, restaurants and schools.

isa Gross grew up eating her Korean grandmother's home cooking. By the time Gross was old enough to cook with her, her grandmother had passed away. "I taught myself to cook Korean food from cookbooks and the Internet, but nothing ever tasted as good as what my grandmother

made," she says. "I came to realize that what distinguishes good from exceptional food are very small, subtle details and differences. Those things you have to learn in person—it's hard to capture in a written recipe."

Gross dreamed of finding a culinary surrogate, and knew others who felt the same way. So began the League of Kitch-

ens, a cooking school in New York City staffed by immigrant home cooks who teach in their own homes. The school aims to restore the kind of time-honored, from-scratch cooking that can be rare in American kitchens, and to offer opportunity and respect to older immigrant women.

"Being in the instructor's home is a shortcut to really authentic culinary knowledge," says Gross. In addition to Korean, the League offers one-day workshops in Greek, Lebanese, Afghan, Indian cuisines and more, for \$95 to \$149. At the end of the day of cooking the class gathers around the

table to eat a family-style meal.

Despina Economou, the Greek instructor, emigrated to the U.S. in the 1970s. Retired from her career as a registered nurse, she now shares her passion for the Mediterranean diet by teaching students to cook Greek favorites, such as *keftedes* (Greek meatballs) and spanakopita. "The way people

eat here—and probably in my country now, too—people are so busy. They have time for everything, but not cooking," she says. Her class helps people slow down long enough to savor the act of cooking and the flavorful, healthy food that results.

 $-Debbie\,Koenig$ 

#### Got Nooch?

By Katie Cavuto, M.S., R.D.

Nutritional yeast has long been used by vegans as a naturally dairy-free cheese substitute because of its nutty, earthy, umami qualities. But this mustard-yellow powder is now attracting even more fans because of its stellar nutrition profile.

Nicknamed nooch, yeshi and hippie dust, nutritional yeast is not the same as yeast used to make bread—it's heated and dried so it doesn't rise.

Two tablespoons of the flakes provides about 3 grams of protein and 2 grams of fiber. Plus, it's a good source of minerals and B vitamins.

Look for the golden flakes and powder—they can be used interchangeably—on natural-foods-store shelves, in bulk bins or online. Stir into pasta, toss with freshly popped popcorn or try one of these yummy ideas.

**Season** sautéed greens or baked kale chips.

Add to mashed potatoes or cauliflower.

Combine with chopped raw nuts and fresh herbs. Coat chicken or fish and bake.

and stews to deepen flavor.





#### LABEL WATCH: BHT (butylated hydroxytoluene)

**Typically found in:** Cereals, packaged snack foods and nuts, frozen pizzas and processed meat products.

What You Should Know: This ubiquitous chemical preservative keeps packaged foods fresh by preventing fats from breaking down (oxidizing). Oxidized fats spoil food and also can lead to inflammation and chronic diseases, such as cancer, heart disease and diabetes. BHT is generally recognized as safe by the FDA in the small amounts used in foods, but has been linked with cancer in some studies. Some food advocacy groups have BHT on their "caution" lists and recommend avoiding its less-common cousin, BHA. The good news: natural preservatives derived from grapeseed, rosemary or oregano may work just as well. These vitamin-E-rich additives often appear as "natural mixed tocopherols" on labels. —Anne Treadwell



# TASTE VITAMIN C POTASSIUM FOLATE NO ADDED SUGAR

When it comes to fueling life's most memorable moments, there's nothing quite like the nutritious energy of the Amazing 5. Drink in every delicious drop of 100% Florida Orange Juice. And this March, celebrate every day of National Nutrition Month with a glass of amazing Florida OJ.

Learn more about the nutritional power of 100% Florida Orange Juice at FloridaJuice.com







#### PET HEALTH

#### "What can I do if my pet is bored?"

It's true that pets can get bored, although it's hard to know how they really feel when you're gone. If you're worried, or you see evidence that your pets are getting into mischief, here are a few tips to keep their minds and bodies active, even when you're not there.

#### **INTERACTIVE TOYS**

Plastic or rubber toys that have holes can be great for food-motivated pets. Put veggies or a portion of your pet's meal into these toys so he or she needs to move around to get the treats out (just be mindful of high-calorie foods for overweight pets). Puzzle toys are similar, but make pets press buttons to reveal treats, which stimulates their minds too.

#### **SCAVENGER HUNT**

Try hiding pieces of kibble or veggies (or favorite squeak toys) throughout the house for your pet to seek and find. This encourages your buddy to move around while you're gone.



#### **ENTERTAINMENT**

There are now songs and TV channels designed to calm your pet. How well they work is yet to be determined, but they can't hurt.

If you see evidence of serious behavioral problems when you're not there, such as chewing, having accidents in the house or destroying furniture, your pet could be experiencing separation anxiety. Talk with your vet or a board-certified animal behaviorist to manage and treat this condition.

Dr. Deborah Linder, DVM, DACVN, Tufts Obesity Clinic for Animals

## "Ginger's cat food didn't even start with real meat.

#### So I switched her to BLUE."



The amount of California's water usage that is dedicated to irrigation for agriculture.

The amount of the nation's fruits, nuts and vegetables grown in California.

The daily water footprint (both direct and indirect water use) of the average American. That's about twice the worldwide average, and the equivalent of running the dishwasher 400 times.

The amount of our national water supply that goes to grow food-through irrigation, aguaculture and livestock production.

Approximately how much water you use taking a 10-minute shower. Aim

for 5 minutes or less to

save more than 300 gallons

of water per month.

#### Save Our Water

Water and our everyday habits are inextricably connected. With 2014 being California's fourth driest year on record, there's a renewed focus on this precious resource. Here's what you need to know and some easy ways you can conserve.

Load the Dishwasher Most newer, efficient dishwashers use much less water than washing by hand; make sure it's full to get the most out of your water.

Use It Twice When you rinse produce, save the water to put on your plants.

**2** Xeriscape

Design your landscape to reduce the need for water. Try drought-tolerant plants like cacti and herbs that need less water, such as sage and thyme.

**Good to the Last Drop** Use a rain barrel to collect water for your garden.

Check for Efficiency

Oconsider upgrading fixtures and appliances, such as toilets and washing machines, to water-efficient models.

**Take It Outside** O Compost instead of using the garbage disposal (you'll save water and reduce food waste).

The portion of your water footprint attributed to your diet (food and drink).

#### FINDING YOUR FOOTPRINT: The Food/Water Connection

Here's a snapshot of the average water footprint (both direct and indirect) of some of our favorite foods and drinks. By Kate Geagan, M.S., R.D.











1oz. chocolate

1oz. almonds

3 oz. chicken

1 large egg

1 cup of coffee 1 glass of wine 1 cup of tea

GALLONS

**GALLONS** 

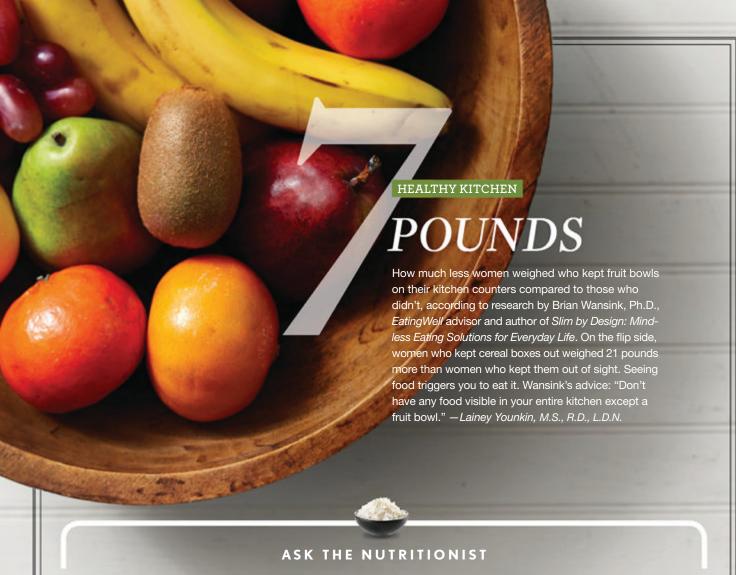


Greats
Meads
Whats
ON HAND

It can be a tall order to create a balanced meal with only what's in your kitchen. It's a similar challenge we all face working to sustainably grow enough food for a growing population. That's why we work with others to develop a wide range of solutions, some of which help farmers use fresh water more efficiently, allowing them to get the most out of a raindrop. It's time for a bigger discussion about food.

Be part of the conversation at **Discover.Monsanto.com** 





#### "What's the latest on arsenic in rice?"

The concern started in 2012 when Consumer Reports published its first report on arsenic in rice. Since then, it's been making us think twice about too much risotto and sushi rolls.

Arsenic is a natural element in water and soil. (It also comes from environmental contaminants.) And while many foods we eat contain some arsenic (from apple juice and beer to chicken), the concentration of arsenic tends to be higher in rice because rice absorbs it more readily than other plants do.

"Arsenic is held tight in soil by iron oxide, but in flooded paddy soil [where rice is grown] these iron oxides dissolve, releasing arse-

nic into the water, making it more available to plants," says Brian Jackson, Ph.D., associate research professor at Dartmouth College.

Long-term exposure to high levels of arsenic is associated with skin, bladder and lung cancers, as well as heart disease. However, there isn't any current science that makes an association between eating rice and any of these illnesses. More research is needed, and that's something the FDA is working on.

In a follow up to its initial report, Consumer Reports tested a large sampling of rice varieties and rice products in 2014. The big takeaway from those tests: brown rice usually has more arsenic than white and levels of arsenic vary by geography, with varieties grown in California having less than rice grown in other parts of the U.S.

"The concern is mainly for people, especially young children, eating multiple servings of rice each day," says Jackson. While the FDA has yet to suggest any limits on how much rice to eat or implement a federal limit for arsenic in rice or rice products (guidelines only exist for drinking water), Consumer Reports offered its own

detailed advice. Cap your weekly rice intake at 4 (½-cup) servings of white basmati and sushi rice or 2 servings of brown and all other rice. If you eat other rice products regularly (think: rice milk, crackers, pasta), eat even less rice. (For more info, go to *Consumer Reports.org.*)

Send your nutrition questions to Nutrition Editor Brierley Wright, M.S., R.D., at askus@eatingwell.com

#### THE BOTTOM LINE

Don't banish rice from your diet, but consider limiting it. Brown rice is a good source of fiber, magnesium and phosphorus, and both white and brown boast healthy doses of manganese and some B vitamins. Just as you should eat a variety of produce, eat a variety of grains, too—for good nutrition and to minimize any potential adverse consequences from eating too much of any one food.

# Essentials

Check out these must-have products for the season. Buy one or more item from any of these featured brands, send us your receipt and receive a \$5 EatingWellbranded reward card! with purchase

2 WAYS TO REDEEM:





See Details Below



THANK YOU



#### DIG IN. YOUR ANCESTORS WOULD BE PROUD.

HARVESTLAND® antibiotic-free chicken, turkey and pork are pure and simple, just like your ancestors would have eaten.

- ) No Antibiotics Ever
- ) Raised Cage Free
- ) Fed All-Vegetarian Diet With No Animal By-Products

HarvestlandBrand.com







#### TOMORROW IS YOURS TO CLAIM.

The magical marriage of sun-baked grains in milk's powerful liquid embrace conjures 9-10 grams of protein. Set your table tonight with Kellogg's.

#### Kelloggs.com

Cereal plus milk breakfast includes one serving of these Kellogg's cereals plus 1/2 cup of skim milk

®,™, © 2015 Kellogg NA, Co.



#### **PLANT POWER** FOR A BETTER YOU.™

To many, dandelions are nothing more than pesky weeds. But considering the dandelions we harvest from wild meadows help support your body's natural detoxification process,\* we'd argue your body believes otherwise.

#### Traditional Medicinals.com



\* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease

#### EDEN POCKET SNACKS.

A perfect snack for any pocket-nine varieties of the finest nuts, seeds, and dried fruit that can be found in single serve packets. Low sodium, no refined sugars, sulfites, or chemical additives. Gluten Free.

EdenFoods.com



To find this promotion online, visit promo.eatingwell.com and click on "Sweeps & Offers."



#### Into the New York Wild

The whimsy of urban foraging and an unfamiliar cooking technique lead to surprise and delight. By Ava Chin

I walk up a wooded rise through my favorite park in Brooklyn, on the hunt for the first wild greens of the season. The air smells of soil and moisture. As joggers run along the asphalt path down below, I am nearly invisible, crouching among the new shoots and leaves imperceptibly unfurling around me. I snap off a leaf of young garlic mustard and bite into it. My mouth zings with the flavor.

Every spring, when New York City transforms into a living salad, I grab my knapsack and go searching for what others try to weed out. My foraged food not only tastes better, it's fresher than what I can buy. Further along, I collect young dandelion leaves, daylily sprouts that taste like snow peas, rangy field garlic similar to the Chinese chives my grandfather cooked with and citrusy wood sorrel to chew on. I take only what I need and leave the rest. Soon, my bag is bursting with greens.

Usually I make a simple stir-fry or a salad, but recently I've been inspired by tales of a wild-grass pie my friend's family makes from edibles foraged on their hillside in Corsica. In the Mediterranean, foraging is a part of the culinary tradition, so I'm eager to taste how they use the plants I love.

As a scrappy city kid, I used to collect wild garlic from our courtyard and nosh on it by the fistful the way other children ate chips. I was curious and I loved getting something for free. But I remained largely oblivious to the bounty hiding in parks and abandoned lots until I was in my thirties. It was a moment of personal crisis, when my grandmother was dying and I'd just broken up with a long-term boyfriend. I needed the meditative quality of searching and the sustenance that nature provided in the form of sweet local mulberries and spinachy lamb's-quarters, plucked by my own hands.

Back home from the park, after giving my wild greens a thorough bath I take out a bag of flour and prepare to make my very first from-scratch pastry dough. I may be a confident forager, but baking makes me nervous, and suddenly I am struck by the insanity of attempting to make someone else's cuisine. In the Chinese-American

household where I grew up, the culinary traditions were stir-fries and braises. The oven was an alchemical place used for making the occasional batch of Shrinky Dinks. As I add cubed butter and water to the flour, trying not to overwork it, the only thing that keeps me from quitting is thoughts of biting into my savory pie, with its flaky crust enveloping the foraged goodies.

When my grandfather was alive, he learned to make wonderful Italian sauces and delectable American fried chicken guided only by his palate, but I am a less experienced cook. Still, in the spirit of adventure, I chop then sauté the wild greens before mixing them in a bowl with grass-fed ricotta, Gruyère and eggs. Then it's time to roll the pastry out: first the bottom layer, then a few cuts with my grandfather's Chinese cleaver and I carefully weave the lattice crust onto the top. The dough begins to sink. I pray the heat of the oven will plump it up.

Moments before the timer goes off, I hover, peering into my oven. When it's finally time, my pie is a golden beauty. The first forkful is a revelation: initially, it tastes like spinach quiche, but the foraged greens and ricotta give it a profound depth of flavor that makes me sigh. I can practically feel those wild nutrients energizing my whole body like a true spring tonic.

As the afternoon sun turns my apartment golden yellow, it dawns on me that cooking something unfamiliar, experiencing a new food tradition, is a lot like my early days rummaging carefree through our old courtyard. Long before the sharp warnings of adulthood and the fear of trying something new sinks its teeth in, I am just a kid crawling among tufts of wild garlic and dandelions, sampling all the flavors of the city—bitter, tangy, sweet, oniony—like a tasting menu, never knowing exactly what will come next.

**AVA CHIN** is the author of Eating Wildly: Foraging for Life, Love and the Perfect Meal. She teaches creative nonfiction and journalism at the City University of New York.





Many people believe dandelions are nothing more than pesky weeds.

But considering the dandelions we harvest from wild meadows in places like Poland help support your body's natural detoxification process,\* we'd argue your body believes otherwise.





#### CERTIFIED HEART HEALTHY BY THE AMERICAN HEART ASSOCIATION

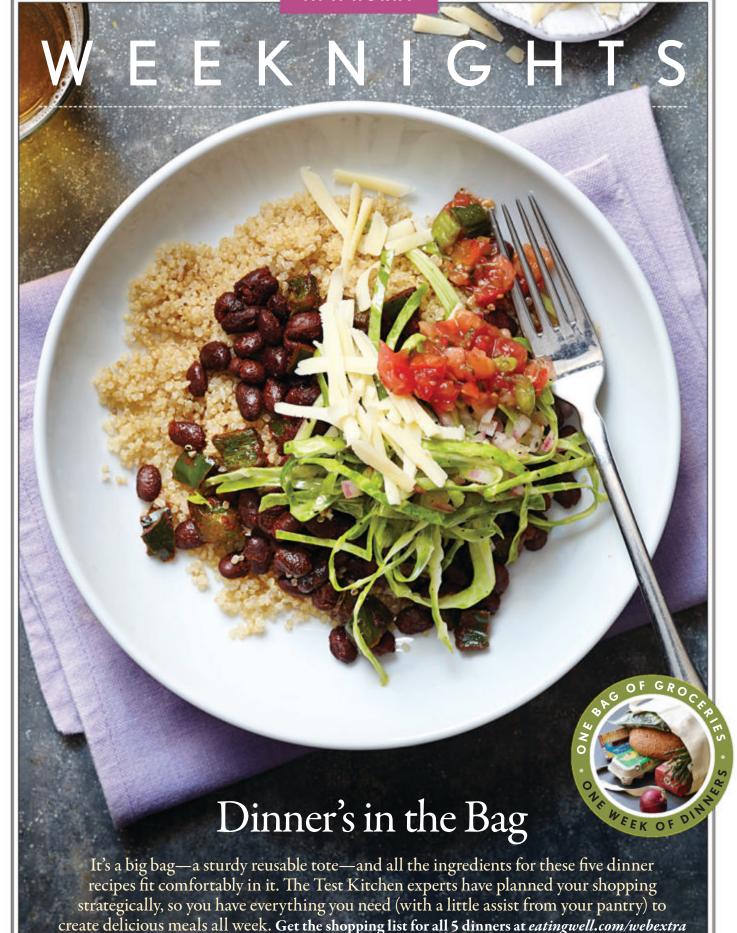


#### **CERTIFIED HEART HAPPY BY YOU**



Over 40 Campbell's\* Healthy Request\* soups are certified heart healthy by the AHA.





#### **SEARED SALMON WITH PESTO FETTUCCINE**

ACTIVE: 20 MIN TOTAL: 20 MIN

The brightness of basil pesto is a nice match for the buttery flavor of salmon. Refrigerated pesto, found near fresh sauces and salsas at most stores, is prettier and has a better taste than jarred.

- 8 ounces whole-wheat fettuccine
- <sup>2</sup>/<sub>3</sub> cup pesto
- 11/4 pounds wild salmon (see Tip, below), skinned and cut into 4 portions
- 1/4 teaspoon salt
- 1/4 teaspoon ground pepper
- 1 tablespoon extra-virgin olive oil
- 1. Bring a large pot of water to a boil. Add fettuccine and cook until just tender, about 9 minutes. Drain and transfer to a large bowl. Toss with pesto.
- 2. Meanwhile, season salmon with salt and pepper. Heat oil in a large cast-iron or nonstick skillet over medium-high heat. Add salmon and cook, turning once, until just opaque in the middle, 2 to 4 minutes per side. Serve the salmon with the pasta.

SERVES 4: 4 OZ. SALMON & 11/4 CUPS

80mg, Carbs 45g, Total sugars 2g (added Og), Protein 44g, Fiber 8g, Sodium 537mg, Potassium 768mg.

#### **TEX-MEX BLACK BEAN & QUINOA BOWL**

PHOTO ON PREVIOUS PAGE

ACTIVE: 30 MIN TOTAL: 30 MIN

Skip the tortillas and layer your taco fillings onto protein-rich quinoa in this healthy bowl dinner. Top with a dollop of yogurt or sour cream and a splash of your favorite hot sauce.

11/2 cups water

- 1 cup quinoa
- 1 teaspoon ground cumin
- 2 tablespoons extra-virgin olive oil plus 2 teaspoons, divided
- 2 tablespoons rice vinegar
- 1/4 teaspoon salt
- 1/4 teaspoon ground pepper
- 4½ cups very thinly sliced cabbage (about 1/4 medium head)
- 1/2 cup finely chopped red onion
- 1 medium poblano pepper, chopped
- 1 15-ounce can black beans, rinsed
- 2 teaspoons chili powder
- 1 cup shredded sharp Cheddar cheese
- ½ cup salsa
- 1. Bring water and guinoa to a boil in a medium saucepan. Reduce heat, cover and simmer until the water is absorbed, about 15

minutes. Fluff with a fork and stir in cumin. Partially cover and set aside.

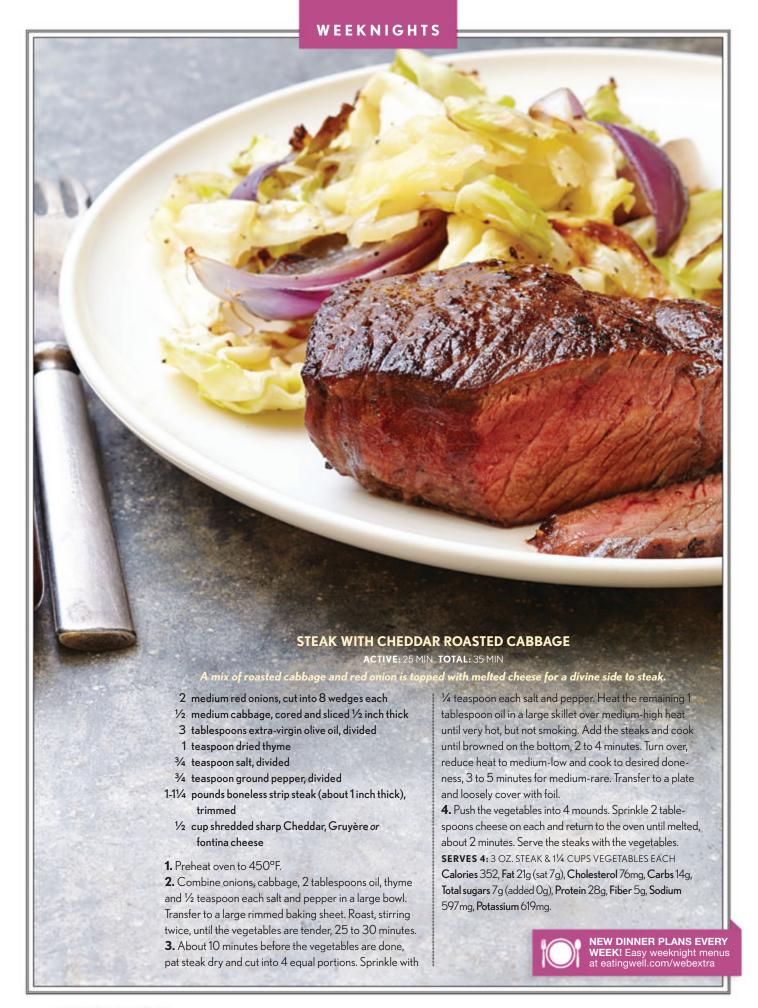
- 2. Meanwhile, whisk 2 tablespoons oil, vinegar, salt and pepper in a large bowl. Add cabbage and onion; toss to coat.
- 3. Heat the remaining 2 teaspoons oil in a medium skillet over medium heat. Add poblano and cook, stirring, until softened, 2 to 3 minutes. Stir in beans and chili powder; cook, stirring, until heated through, about 2 minutes more. Remove from heat.
- 4. To serve, layer in each bowl: 3/4 cup quinoa, ½ cup bean mixture and ¼ cup cheese. Top each portion with 3/4 cup cabbage salad and 2 tablespoons salsa.

#### **SERVES 4**

Calories 478, Fat 22g (sat 8g), Cholesterol 30mg, Carbs 53g, Total sugars 11g (added 0g), Protein 20g, Fiber 12g, Sodium 658mg, Potassium 833mg.







# Controlled delivery? Hour after hour support? Stomach acid protection? Once daily?

## THERE'S A NAME FOR A PROBIOTIC THAT HAS ALL THAT.



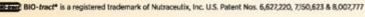


#### When it comes to digestive and intestinal health, PROBIOTIC CD™ really has it all.

It features an advanced technology called BIO-tract\* that releases probiotics into your intestinal tract continually throughout the day. And, because Probiotic CD™ delivers controlled delivery hour after hour... once a day is all you need. With 12 billion bioactive microorganisms^ from 10 beneficial cultures, Probiotic CD™ helps you keep your digestive, intestinal and immune health in balance.\* When it comes to having it all... one name says it all: Probiotic CD™.\*

Available at health, natural food and vitamin specialty stores. VtheVitaminShopper

\*These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure or prevent any disease.

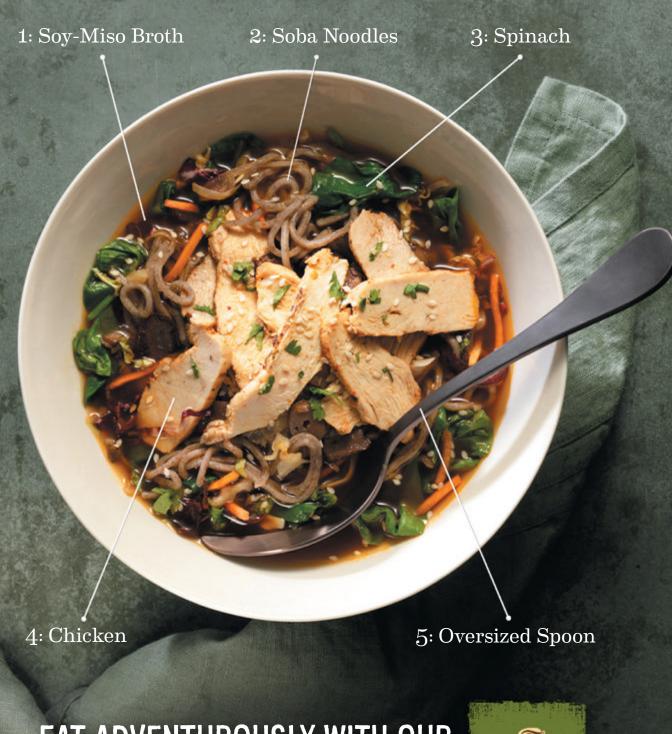




AMERICAN # HEALTH

#### **CREAMY PESTO CHICKEN SALAD WITH GREENS** ACTIVE: 30 MIN TOTAL: 30 MIN For an herbal variation on creamy chicken salad we've replaced half the mayonnaise with basil pesto. 1 pound boneless, skinless chicken breast, 2 tablespoons red-wine vinegar trimmed 1/4 teaspoon salt 1/4 cup pesto 1/4 teaspoon ground pepper 1/4 cup low-fat mayonnaise 1 5-ounce package mixed salad greens 3 tablespoons finely chopped red onion (about 8 cups) 2 tablespoons extra-virgin olive oil 1 pint grape or cherry tomatoes, halved 1. Place chicken in a medium saucepan and add water to cover by 1 inch. Bring to a boil. Cover, reduce heat to low and simmer gently until no longer pink in the middle, 10 to 15 minutes. Transfer to a clean cutting board; shred into bite-size pieces when cool enough to handle. 2. Combine pesto, mayonnaise and onion in a medium bowl. Add the chicken and toss to coat. Whisk oil, vinegar, salt and pepper in a large bowl. Add greens and tomatoes and toss to coat. Divide the green salad among 4 plates and top with the chicken salad. SERVES 4: 2 CUPS GREENS & 1/2 CUP CHICKEN SALAD EACH Calories 324, Fat 20g (sat 4g), Cholesterol 71mg, Carbs 9g, Total sugars 3g (added 1g), Protein 27g, Fiber 2g, Sodium 454mg, Potassium 542mg. "An Envirosax shopping bag often saves the day— I always have one with me. It holds a ton and folds up small enough to stash in my purse or coat pocket." -Wendy Ruopp, Managing Editor

#### fig 1: Soba Noodle Bowl with Chicken An exotic blend of ingredients just waiting to be explored.



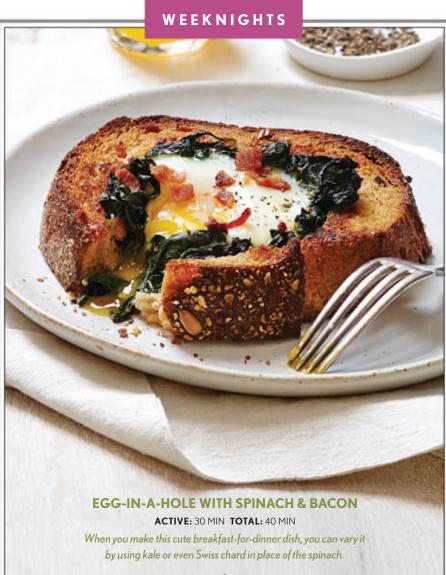
NEW BROTH BOWLS





We enhance Mother Nature with more Mother Nature, like all-natural sweet potatoes and sea salt.





3 slices center-cut bacon

1 tablespoon extra-virgin olive oil, plus more if needed

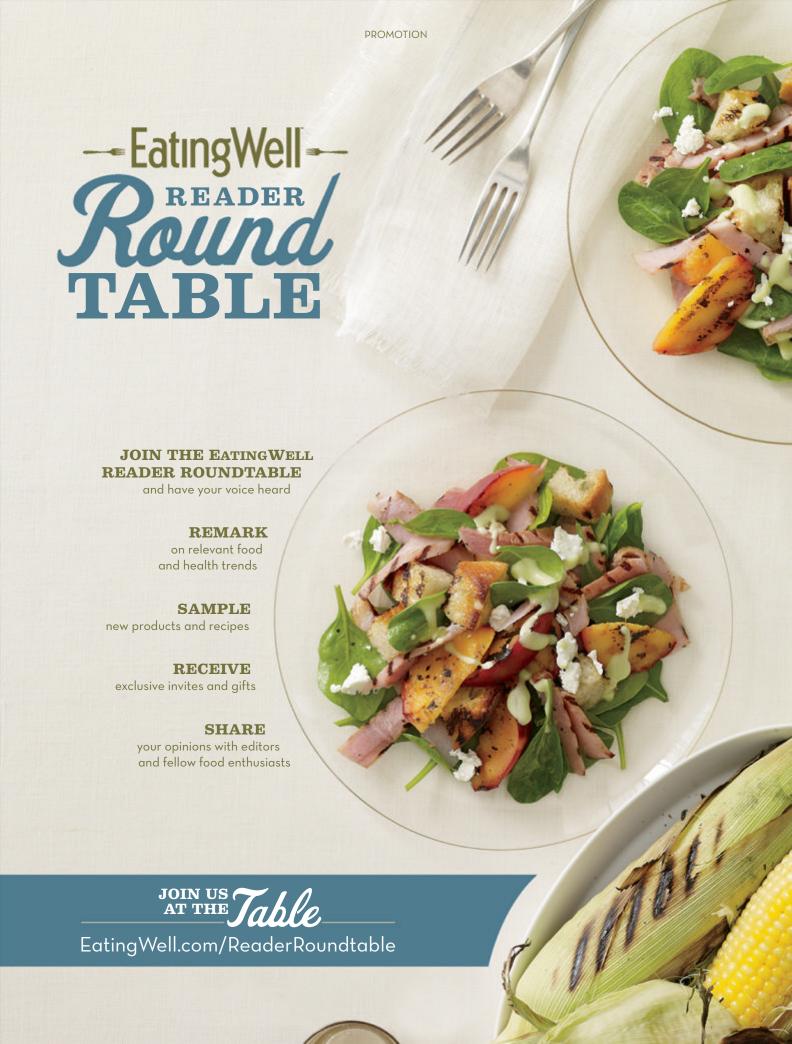
- 3 large cloves garlic, minced
- 1 pound spinach (about 16 cups), tough stems removed
- 1 teaspoon red-wine vinegar
- 1/2 teaspoon ground pepper, divided
- 1/4 teaspoon salt
- 4 large slices country-style wholewheat bread (¾-1 inch thick)
- 4 large eggs
- **1.** Preheat oven to 425°F. Coat a large baking sheet with cooking spray.
- **2.** Cook bacon in a large cast-iron skillet over medium heat until crisp, 7 to 9 minutes. Drain on paper towels. Pour the bacon fat into a small heatproof bowl. If necessary, add oil to make 2 tablespoons.
- **3.** Meanwhile, heat 1 tablespoon oil in a large saucepan over medium heat. Add garlic and cook, stirring, about 30 seconds. Add spinach by the handful and cook, stirring, until wilted, about 5 minutes. Transfer

to a colander; press out excess liquid. Return the spinach to the pan and season with vinegar, ¼ teaspoon pepper and salt.

- **4.** Cut a 3½-inch hole in the middle of each slice of bread. (Save the rounds for another use, if desired.) Heat 1 tablespoon of the reserved bacon fat in the skillet over medium-high heat. Cook 2 slices of bread, pressing with a spatula, until lightly browned, 1 to 3 minutes per side. Transfer to the prepared baking sheet. Repeat with the remaining fat and bread. Fill each hole with spinach. Make a deep well in the spinach and break an egg into each well.
- **5.** Bake, rotating the baking sheet 180 degrees about halfway through, 10 to 14 minutes for soft-set yolks. Serve sprinkled with crumbled bacon and the remaining 1/4 teaspoon pepper.

SERVES 4: 1 OPEN-FACE SANDWICH EACH Calories 299, Fat 13g (sat 3g), Cholesterol 191mg, Carbs 29g, Total sugars 4g (added 3g), Protein 19g, Fiber 6g, Sodium 615mg, Potassium 883mg.







#### ROASTED ASPARAGUS, MUSHROOMS & PROSCIUTTO

ACTIVE: 10 MIN TOTAL: 35 MIN

A quick roast in the oven and this trio melds together to become the perfect side dish for chicken or steak. Or toss with baby spinach and a little more oil and vinegar to turn it into a salad.

- 1 bunch asparagus (about 1 pound), trimmed and cut into thirds
- 8 ounces cremini (baby bella) mushrooms, halved
- 3 very thin slices prosciutto, cut into 1/4-inch strips
- 1 tablespoon extravirgin olive oil
- 1/4 teaspoon ground pepper
- 1/8 teaspoon salt
- 1 tablespoon sherry vinegar
- 1. Preheat oven to 425°F.
- **2.** Toss asparagus, mushrooms, prosciutto, oil, pepper and salt together on a large rimmed baking sheet. Roast, stirring once, until the vegetables are tender and browned, 20 to 25 minutes. Transfer to a serving bowl, drizzle with vinegar and toss to coat.

SERVES 4: ABOUT 3/4 CUP EACH

Calories 91, Fat 5g (sat 1g), Cholesterol 8mg, Carbs 7g, Total sugars 2g (added 0g), Protein 7g, Fiber 2g, Sodium 372mg, Potassium 492mg.

#### **ASPARAGUS & BABY KALE CAESAR SALAD**

ACTIVE: 20 MIN TOTAL: 20 MIN

Caesar salad gets a nutrition and flavor boost with the addition of crisp asparagus and dark, leafy baby kale. Use arugula or mixed greens if baby kale isn't at your market.

- 1/4 cup extra-virgin olive oil
- 1 large egg yolk (see Tip, page 97)
- 2 tablespoons lemon juice
- 1 small clove garlic, peeled
- 1/4-1/2 teaspoon anchovy paste or 1/2-1 minced anchovy fillet
  - 1/4 teaspoon salt
  - 1/4 teaspoon ground pepper
  - 1/4 cup grated Parmesan cheese
  - 1 bunch asparagus (about 1 pound), trimmed and very thinly sliced
  - 1 5-ounce package baby kale Cracked black pepper to taste
- 1. Combine oil, egg yolk, lemon juice, garlic, anchovy to taste, salt and ground pepper in a food processor (preferably a mini food processor). Process until creamy. Add cheese and pulse to combine.
- **2.** Toss asparagus and kale in a large bowl. Add the dressing and toss to coat. Season with a generous grinding of pepper.

SERVES 4: 2 CUPS EACH

Calories 206, Fat 17g (sat 3g), Cholesterol 51mg, Carbs 9g, Total sugars 2g (added 0g), Protein 7g, Fiber 3g, Sodium 275mg, Potassium 435mg.



# If a probiotic is **CLINICALLY DOCUMENTED**

to work on even the most upsetting digestive issues...



DAILY DIGESTIVE WELLNESS\*

INTEGRATED BOWEL SUPPORT\*

## Imagine what it can do for you!

#### INTRODUCING:

#### Probi 20 Billion and Probi 30 Billion FROM SOLGAR.

On again off again digestive issues can alter your living routine to the point that where you go and what you do has to be carefully planned. Even if your digestive issues are less "concerning," the occasional and unexpected can still disrupt a normal day. Taken once a day, Probi® from Solgar effectively helps balance your digestive tract, so feeling well... becomes that easy.\*

Probi® from Solgar is different. Focusing on today's probiotic advances, Probi® concentrates less on the quantity and number of different strains, and more on identified strains that are documented to work through

over 10 years of scientific review and human clinical studies. Probi's active probiotic has been substantiated and demonstrated to effectively help with occasional gas and bloating and support daily abdominal comfort.\* Finally, getting your digestive system on track is easily within your reach.\*

With the right probiotic strain delivered in the right place in the right dosage, Probi® from Solgar can make a real difference in your life... day after day after day.\*

True potency of 20 or 30 billion live probiotic cultures...

GUARANTEED. All that in one little capsule once a day.

THE COMPLETE LINE OF SOLGAR NUTRITIONAL SUPPLEMENTS IS AVAILABLE AT FINE HEALTH FOOD RETAILERS WORLDWIDE. FOR STORE LOCATIONS AND ADDITIONAL INFORMATION, VISIT SOLGAR.COM OR CALL 1.800.645.2246

Probi® is a registered trademark of Probi AB





#### **ASPARAGUS WITH EASY HOLLANDAISE SAUCE**

ACTIVE: 15 MIN TOTAL: 15 MIN

This simple blender hollandaise with fresh herbs makes a luscious topping for steamed asparagus, but is also great with artichokes, fish and, of course, eggs Benedict. For a nutty flavor, try browning the butter before adding it to the blender and/or top the asparagus with slivered almonds or chopped pecans.

- 2 bunches asparagus (about 2 pounds), trimmed
- 4 tablespoons unsalted butter
- 1 large egg yolk (see Tip, page 97)
- 11/2 teaspoons lemon juice
- 1/4 teaspoon salt
- 1 tablespoon chopped fresh dill, tarragon and/or chives Cracked black pepper to taste
- **1.** Bring 1 inch of water to a boil in a large pot fitted with a steamer basket. Add asparagus, cover and steam until tender, 4 to 5 minutes.
- **2.** Meanwhile, melt butter. Place egg yolk and lemon juice in a blender and pulse to combine. With the motor running at medium speed, slowly add the hot butter and salt; blend until smooth, stopping to scrape down the sides as needed. Transfer to a small bowl and stir in herbs.
- **3.** Transfer the asparagus to a platter. Drizzle with the sauce and season with a generous grinding of pepper.

SERVES 4: 8-10 SPEARS & 1 TBSP. SAUCE EACH

Calories 163, Fat 13g (sat 8g), Cholesterol 77mg, Carbs 9g, Total sugars 3g (added 0g), Protein 6g, Fiber 4g, Sodium 179mg, Potassium 484mg.



Nutritious, natural milk alternative for cow or soy milk sensitivity • More vitamins A & B Our farmers pledge not to use growth hormones (rBST)\* • In Fresh, Evaporated, Whole & Non-Fat Powdered at leading grocery and natural food stores nationwide & on-line Learn more @ www.meyenberg.com • 1-800-343-1185



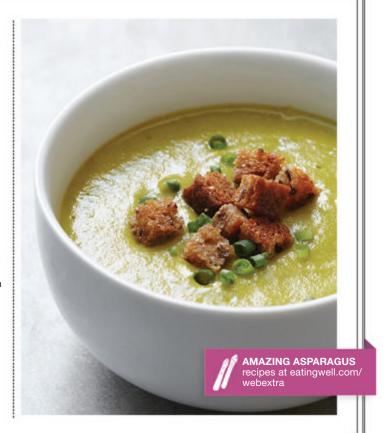


#### **CREAMY ASPARAGUS-POTATO SOUP**

ACTIVE: 20 MIN TOTAL: 30 MIN

Double or triple this soup and freeze leftovers for a quick lunch.

- 1 tablespoon extra-virgin olive oil plus 1½ tablespoons, divided
- 1 medium shallot, chopped
- 3 cups low-sodium vegetable broth *or* chicken broth
- 1 pound asparagus, trimmed and cut into 1-inch pieces
- 1 cup diced peeled potato
- 2 teaspoons prepared horseradish, or to taste
- 1/4 teaspoon salt
- 1 cup whole-wheat country bread cubes (1/4 inch) Sliced scallion greens for garnish
- 1. Heat 1 tablespoon oil in a large saucepan over medium heat. Add shallot and cook, stirring, until softened, 2 to 3 minutes. Add broth, asparagus, potato, horseradish and salt; bring to a boil. Reduce heat and simmer until the vegetables are tender, about 15 minutes. Puree with an immersion blender or in a regular blender. (Use caution when pureeing hot liquids.)
- **2.** Meanwhile, heat the remaining  $1\frac{1}{2}$  tablespoons oil in a large skillet over medium-high heat. Reduce heat to medium, add bread cubes and cook, stirring, until browned and crispy, 3 to 5 minutes.
- **3.** Serve the soup topped with the croutons and scallions, if desired. **SERVES 4:** 1 CUP SOUP & ABOUT 2 TBSP. CROUTONS EACH Calories 190, Fat 10g (sat 1g), Cholesterol Omg, Carbs 22g, Total sugars 4g (added 1g), Protein 5g, Fiber 5g, Sodium 338mg, Potassium 428mg.







# Curry in a Hurry

Curry paste adds more than heat! With just one ingredient you bring exotic, bold, nuanced flavor to a dish with little effort.

#### **THAI CURRY PASTE 101**

Sure, you *could* make curry paste from scratch, but you'd need to track down chiles, lemongrass, galangal (similar to ginger), garlic and kaffir lime leaves. Luckily, you can buy so many good ones, it's hardly worth the effort. Yellow curry pastes tend to be the most mild, red is middle of the road and green is the hottest. Green and red curry pastes get their color from chiles, the yellow from turmeric.

#### **TASTING NOTES**

We sweated through eight curry pastes made by three companies. Thai Kitchen's red curry paste is milder, while those made by Mae Ploy and Maesri are hotter and have coarser textures—you can see, feel and taste bits of shallot, galangal, chiles and garlic. We loved the galangal-forward flavor of the Maesri yellow curry and the fiery bite of the floral Mae Ploy green curry.

#### **SHOP SMART**

Thai Kitchen is the most widely available brand and the one we primarily use in the Test Kitchen (we analyze our recipes with it). It's also the lowest in sodium, so you may want to adjust any added salt if you use another brand. If you have a shellfish allergy, check the ingredient list—some contain shrimp. We tested these recipes with multiple colors and brands, so whichever you pick will taste great.

ACTIVE: 30 MIN TOTAL: 30 MIN

TO MAKE AHEAD: Cover and refrigerate for up to 1 day.

Curry paste delivers a spicy kick-in-the-pants to a bowl of peanut noodles. If you haven't tried kohlrabi yet, here's your excuse to buy it. The bulbous vegetable is related to broccoli and Brussels sprouts, but has a more mild, sweet flavor and fabulous crunch.

- 8 ounces whole-wheat spaghetti
- ½ cup smooth natural peanut butter
- 1 small shallot, minced
- 2 tablespoons Thai green, red or yellow curry paste (see page 39)
- 1 tablespoon minced fresh ginger
- 1 tablespoon reducedsodium soy sauce

- 2 teaspoons toasted sesame oil
- 1/4 teaspoon salt
- ½ cup frozen edamame (thawed)
  - 1 medium red bell pepper, cut into matchsticks
- 1 cup matchstick-cut peeled kohlrabi or broccoli stem
- 1/4 cup coarsely chopped fresh cilantro (optional)
- **1.** Bring a large saucepan of water to a boil. Add spaghetti and cook according to package directions. Reserve  $\frac{1}{4}$  cup of the water, then drain the pasta and rinse well with cold water.
- **2.** Whisk the reserved pasta water, peanut butter, shallot, curry paste, ginger, soy sauce, oil and salt in a large bowl. Add the pasta, edamame, bell pepper and kohlrabi (or broccoli stem); toss well to coat. Serve topped with cilantro, if desired.

SERVES 4: ABOUT 13/4 CUPS EACH

Calories 469, Fat 20g (sat 3g), Cholesterol Omg, Carbs 55g, Total sugars 6g (added 0g), Protein 18g, Fiber 11g, Sodium 571mg, Potassium 365mg.





#### **GREEN CHICKEN CURRY**

ACTIVE: 40 MIN TOTAL: 40 MIN

If you're looking for a basic Thai curry, start here. Try yellow curry paste if you're not a fan of spicy food—it's just as flavorful with less heat.

- 2 tablespoons canola oil
- 1 pound boneless, skinless chicken thighs, trimmed, cut into bite-size pieces
- 1 bunch scallions, sliced
- 1 medium sweet potato, cut into ½-inch cubes
- 1 14-ounce can "lite" coconut milk
- 2 tablespoons Thai green, red or yellow curry paste (see page 39)
- 1 tablespoon fish sauce
- 3 cups sliced bok choy
- 1½ cups halved green beans, fresh or frozen (thawed)
- 1/4 cup chopped fresh basil
  - 1 tablespoon lime juice
- **1.** Heat oil in a large skillet over medium-high heat. Add chicken and scallions and cook, stirring, until the chicken is no longer pink, 4 to 5 minutes. Transfer to a plate with a slotted spoon.
- 2. Add sweet potato to the pan and cook, stirring, for 2 minutes. Add coconut milk, curry paste, fish sauce, bok choy and green beans; bring to a simmer. Reduce heat to medium, cover and cook, stirring once or twice, until the vegetables are tender, 5 to 7 minutes. Return the chicken and any accumulated juices to the pan and cook until heated through, about 2 minutes more. Remove from heat and stir in basil and lime juice.

SERVES 4: ABOUT 11/4 CUPS EACH

**Calories** 358, **Fat** 20g (sat 7g), **Cholesterol** 106mg, **Carbs** 20g, **Total sugars** 8g (added 0g), **Protein** 24g, **Fiber** 4g, **Sodium** 604mg, **Potassium** 688mg.



RANEWW

# FILAVOR

Experience international flavor with our

StarKist® Gourmet Selects® Pouch, featuring

100% wild-caught, premium tuna with real,
diced vegetables. Try all three exciting

flavors in an eat-anywhere pouch.

NEW





Premium Tuna w Sundried Tomator Extra Virgin Olive





Premium Tuna with Jalapeño Peppers in Sunflower Oil







Learn more at starkist.com/gourmet-selects-pouch

©2015 StarKat Co. All Rights Reserved.

# MARKET PICK Transfer to a clean cutting board and shred into

#### **CHICKEN BANH MI PIZZA**

ACTIVE: 40 MIN TOTAL: 40 MIN

This untraditional pizza is inspired by the Vietnamese sandwich called banh mi. While you won't find Thai curry paste on banh mi, we think it adds just the right amount of seasoning and spice to the spread for this pizza.

- 8 ounces boneless, skinless chicken breast, trimmed
- 1 pound prepared pizza dough, preferably whole-wheat
- 1/4 cup white vinegar
- 11/2 teaspoons brown sugar 1 cup matchstick-cut English cucumber

- 1 cup matchstick-cut carrots 1 cup halved and sliced radishes
- 1/4 cup chopped fresh cilantro, plus more for garnish
- 1/2 cup reduced-fat mayonnaise
- 1 tablespoon Thaired, green or yellow curry paste (see page 39)
  - Lime wedges for serving
- 1. Position rack in lower third of oven and place a large pizza stone or large rimless baking sheet on it; preheat oven to 450°F.
- 2. Place chicken in a medium saucepan and add water to cover. Bring to a boil. Cover, reduce heat to low and simmer gently until no longer pink in the middle, 10 to 12 minutes.

bite-size pieces.

- 3. Meanwhile, roll out dough on a lightly floured surface to a 14-inch circle. Transfer to the pizza stone (or baking sheet) and prick the dough all over with a fork to help keep it from puffing up as it bakes. Bake, flipping once, until lightly browned, 10 to 15 minutes.
- 4. Whisk vinegar and brown sugar in a large bowl to dissolve the sugar. Add cucumber, carrots, radishes, cilantro and the chicken; toss to coat. Combine mayonnaise and curry paste in a separate bowl and spread on the crust. Using a slotted spoon, top with the chicken mixture. Garnish the pizza with more cilantro and serve with lime wedges, if desired.

SERVES 4: 1/4 PIZZA EACH

Calories 406, Fat 13g (sat 1g), Cholesterol 39mg, Carbs 58g, Total sugars 8g (added 4g), Protein 20g, Fiber 3g, Sodium 690mg, Potassium 312mg.



# love cereal again

seven gluten free Chex flavors to fall for

• no artificial colors or flavors • no high fructose corn syrup

Wheat Chex<sup>™</sup> is NOT gluten free. © General Mills

Find your flavor at chex.com/seven



















## WINE & BEER SUGGESTIONS

The spiciness of the curries pairs well with off-dry, light and fruity wines, such as Dr. Loosen Red Slate Dry Riesling (\$15) or Navarro Vineyards Estate Gewürztraminer (\$21). If craft beer is more your style, a salty-tart gose or fruity saison will refresh your palate. Look for Off Color Brewing's Troublesome (\$11/4-pack) or Allagash Saison (\$11/4-pack).

#### SHRIMP KEBABS WITH CURRY-COCONUT GLAZE

ACTIVE: 40 MIN TOTAL: 40 MIN

**EQUIPMENT:** Eight 10- to 12-inch skewers

Try these irresistible skewers alongside quinoa and Stir-Fried Chinese Broccoli (page 77).

Having a party? Double or triple the recipe and serve them up as an appetizer.

- 2 tablespoons Thaired, green or yellow curry paste (see page 39)
- 1 cup "lite" coconut milk (see Tip, below)
- 1 tablespoon honey
- 2 teaspoons fish sauce
- 1 tablespoon peanut oil
- 1 tablespoon lime juice

- 1/4 teaspoon ground white pepper Pinch of salt
- 16 raw shrimp (16-20 per pound), peeled and deveined
- 8 cremini (baby bella) mushrooms, quartered
- 6 scallions, cut into 11/2-inch pieces
- 1. Position oven rack 3 to 4 inches from the broiler; preheat broiler to high. Line a baking sheet with foil.
- **2.** Heat curry paste in a small saucepan over medium heat for 1 minute. Stir in coconut milk, honey and fish sauce and cook, stirring frequently, until reduced to about ½ cup, about 15 minutes.
- **3.** Transfer  $\frac{1}{4}$  cup of the sauce to a large bowl (reserve remaining sauce for dipping). Stir in oil, lime juice, pepper and salt. Add shrimp, mushrooms and scallions; stir to combine. Thread shrimp, mushrooms and scallions onto eight 10- to 12-inch skewers and place on the prepared baking sheet.
- **4.** Broil until the shrimp are cooked through, 2 to 3 minutes per side. Serve with the reserved sauce. **SERVES 4:** 2 SKEWERS & 1 TBSP. SAUCE EACH

Calories 216, Fat 8g (sat 4g), Cholesterol 183mg, Carbs 12g, Total sugars 7g (added 4g), Protein 26g, Fiber 1g, Sodium 566mg, Potassium 548mg.

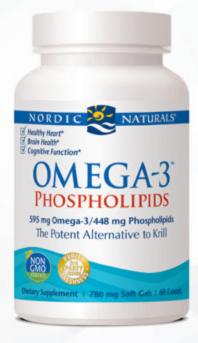




# OMEGA-3 SYNERGY

FISH OIL + PHOSPHOLIPIDS = THE POTENT ALTERNATIVE TO KRILL

More than 2x the omega-3s as krill!



Highest phospholipid content

Omega-3 Phospholipids<sup>™</sup> combines Nordic Naturals' top-selling omega-3 concentrate with phospholipid-bound omega-3s to deliver the potent alternative to krill oil. Most of the omega-3s (EPA and DHA) in the brain are found in the phospholipid-bound molecular form.

With significantly higher potency than all leading krill oils, Omega-3 Phospholipids delivers a synergistic combination of triglyceride-form omega-3s from sustainably sourced fish, and phospholipids derived from sustainably sourced herring roe. Two small, easy-to-swallow soft gels contain 520 mg omega-3s EPA+DHA and 448 mg phospholipids.



Fish oil + herring roe oil



More than twice the EPA+DHA of all leading krill products



Small, easy-to-swallow soft gels



Supports heart and brain health\*



Sustainably sourced

Committed to Delivering the World's Safest, Most Effective Omega Oils™



**f E** | 800.662.2544 | nordicnaturals.com







# Matzo Ball Soup

You don't have to part the Red Sea to create a light and luscious matzo ball without the traditional chicken fat. Olive oil, a splash of seltzer plus fresh mushrooms and herbs create a svelte dumpling that floats like a feather. By Laura Frankel

# MUSHROOM & HERB MATZO BALL SOUP

**ACTIVE:** 1HR **TOTAL:** 2½ HRS **TO MAKE AHEAD:** Refrigerate matzo balls and soup separately for up to 2 days; combine just before heating.

#### MATZO BALLS

- 4 ounces white mushrooms
- 2 teaspoons extra-virgin olive oil plus ¼ cup, divided
- 4 cloves garlic, finely minced
- 4 large eggs, separated
- 1/4 cup seltzer water
- 1 cup matzo meal
- ½ cup finely chopped fresh flat-leaf parsley, dill and/or chives, plus more for garnish
- 1 teaspoon kosher salt
- 1/4 teaspoon baking powder
- 1/4 teaspoon coarsely ground pepper
- 1/8 teaspoon ground nutmeg
- 1/8 teaspoon ground ginger

#### SOUP

- 2 teaspoons extra-virgin olive oil
- 1/4 cup minced shallot
- 8 cups low-sodium chicken broth
- 2 cups thinly sliced carrots
- 2 cups diced peeled celery root (about 8 ounces; see Tip, page 97)
- 3/4 teaspoon kosher salt
  Coarsely ground pepper to taste
- 1. To prepare matzo balls: Pulse mushrooms in a food processor until finely chopped. Heat 2 teaspoons oil in a medium skillet over medium heat. Add the mushrooms and cook, stirring frequently, until browned, 5 to 7 minutes. Add garlic and cook, stirring, for 1 minute. Transfer to a bowl to cool for 10 minutes.
- 2. Whisk the 4 egg yolks into the mush-rooms; whisk in seltzer and the remaining ½ cup oil. Add matzo meal, herbs, 1 teaspoon salt, baking powder, pepper, nutmeg and ginger; stir until evenly moistened.
- **3.** Using an electric mixer, beat the 4 egg whites until very fluffy and starting to hold their shape. In 3 additions, fold the whites into the matzo mixture. Refrigerate for 1 hour.

- 4. Put a large pot of water on to boil.
- **5.** Using wet hands, scoop walnut-size pieces of dough and lightly roll to make 24 matzo balls. When they're all rolled, add to the boiling water. Reduce heat to a lively simmer; cook, gently stirring from time to time, until the matzo balls are light and fluffy, about 45 minutes.
- **6.** To prepare soup: Heat oil in a large pot over medium heat. Add shallot and cook, stirring, until soft, about 3 minutes. Add broth, carrots, celery root and salt; bring to a simmer. Cook until tender, 15 to 20 minutes. Remove from heat. Add the cooked matzo balls to the soup. Serve garnished with pepper and herbs.

SERVES 8: GENEROUS 1 CUP BROTH & 3 MATZO BALLS EACH

Calories 249, Fat 12g (sat 2g), Cholesterol 93mg, Carbs 25g, Total sugars 3g (added 0g), Protein 11g, Fiber 2g, Sodium 421mg, Potassium 493mg.

LAURA FRANKEL is executive chef for Wolfgang Puck Kosher Catering in Chicago.





## These stalks are crazy sour.

But put them in the *right recipe* and you've got a crazy good *taste of spring*.

# SWEET on RHUBARB

### I had an early tendency to steal food

when my mother's eyes were averted—spoonfuls of cold jello from the fridge, chunks of chocolate cake from the tin. I pilfered sugared rhubarb. I would look at my mum's pie dish, full to the brim with pink chunks coated in sugar, waiting for its pastry topping, and I couldn't resist. The shiver it produced was delicious. Only later did I discover that this is something children in Scandinavia do as well (not the theft, but eating sugared raw rhubarb).

I grew up in Ireland and now live in London so have always spent much of the year cooking under grey skies. When rhubarb arrives it's like a jolt of life. The earliest rhubarb—which is Barbie pink—appears in shops in the U.K. in January. It's grown under cloches in gardens or, commercially, in big warm barns in the north of England (so quickly and in conditions so still you are supposed to be able to "hear the rhubarb grow" as its leaves unfurl). Hothouse rhubarb arrives in the States in late January, just as winter days are becoming longer and the promise of spring sets in. The outdoor stuff—greener and sourer—arrives in April and is one of the first foods harvested as spring takes hold in the various climates of the U.S.

TEXT BY DIANA HENRY // RECIPES BY APRIL MCGREGER // PHOTOGRAPHY BY LAURIE PROFFITT



# Rhubarb is, strictly speaking, a vegetable, but a court in Buffalo, New York,



Initially I use it in puddings—who can resist the tart versus creamy interplay of rhubarb against panna cotta or custard? And it is the most perfect ingredient to put into crisps, pies and cakes. Nothing else complements buttery sweetness quite so well.

But it would be a shame to simply relegate rhubarb to dessert. A slave to sweet-sour flavours, I was thrilled to discover that rhubarb works well in the tagines of Morocco, too, where it combines with some unexpected bedfellows—saffron, cumin and cayenne. In Denmark I've had rhubarb pickled in a syrup spiced with juniper berries. In an Asian-inspired dish with pork chops, sticky honey and spices like star anise and chile, it is a puckering shock to your senses (and works much better than pineapple). Think all you can do with rhubarb is make a pie? Think again. —D.H.

#### RHUBARB RULES

If you grow your own rhubarb, pull rather than cut the stalks and they'll stay fresh longer. Discard the leaves, which are toxic. When buying rhubarb, pulled stalks (jagged-edged) are preferable, although hothouse varieties will likely be cut. Store rhubarb for up to a week, loosely wrapped, in the refrigerator. To freeze, cut into 1-inch pieces and spread in a single layer on a baking sheet that will fit in your freezer. Once individually frozen, transfer to a freezer bag and store for 6 months to a year. —*A.M.* 



# classified it as *a fruit* in 1947.



# RHUBARB-RASPBERRY CRUMBLE

ACTIVE: 30 MIN TOTAL: 11/2 HRS

Rhubarb might be known as "pie plant," but a crumble outshines pie for its ease of preparation. You don't have to roll out a crust and prep time is just 30 minutes. Some of the flour in this recipe is replaced with whole-grain rye; toasted pecans add crunch. The resulting crumble topping is toasty and buttery with a little bit of tang.

#### FILLING

- 8 cups sliced rhubarb (½ inch; about 2 pounds), fresh or frozen (thawed)
- 1½ cups raspberries, fresh or frozen (thawed)
- <sup>2</sup>/<sub>3</sub> cup granulated sugar
- 2 tablespoons cornstarch
- 1 teaspoon vanilla extract

#### **TOPPING**

- 1/2 cup all-purpose flour
- ½ cup rye flour (or use 1 cup all-purpose flour total)
- 6 tablespoons packed brown sugar
- 1 teaspoon baking powder
- ½ teaspoon salt
- 8 tablespoons cold unsalted butter (1 stick), cut into 1-inch pieces
- ½ cup pecans, coarsely chopped
- **1.** Preheat oven to 375°F. Coat a 9-by-13-inch glass or ceramic baking dish with cooking spray.
- **2.** To prepare filling: Combine rhubarb, raspberries, granulated sugar, cornstarch and vanilla in the prepared baking dish. Let stand while you make the topping.
- **3.** To prepare topping: Combine all-purpose flour, rye flour (if using), brown sugar, baking powder and salt in a mixing bowl. Pinch butter into the flour mixture with your fingertips until it is pea-sized. Squeeze a handful of dough firmly in your palm, then crumble it coarsely over the rhubarb mixture. Continue with the rest of the mixture until the fruit is evenly covered. Sprinkle with pecans.
- **4.** Bake until the fruit is bubbling and the topping is golden brown, about 50 minutes. Let cool for 10 minutes before serving.

SERVES 10: ABOUT  $^2$ /3 CUP EACH Calories 281, Fat 14g (sat 6g), Cholesterol 24mg, Carbs 39g, Total sugars 24g (added 21g), Protein

3g, Fiber 4g, Sodium 173mg, Potassium 372mg.



#### **QUICK PICKLED RHUBARB**

ACTIVE: 20 MIN TOTAL: 1 WEEK

**TO MAKE AHEAD:** Refrigerate the pickles for up to 2 months.

**EQUIPMENT:** Two 1-pint canning jars with lids.

This wonderful quick pickle is a delicious addition to salads (try it with beets and spicy arugula) or served on a cheese or charcuterie plate. It's also especially delicious with smoked fish and pâtés.

- 1 teaspoon juniper berries
- 1 teaspoon allspice berries
- 1 teaspoon coriander seeds
- ½ teaspoon whole black peppercorns
- 2 chiles de arbol *or* other dried small red chiles
- 1 shallot, halved

- 2 small bay leaves
- 2 star anise
- 1 cup rice vinegar
- 1 cup water
- ½ cup plus 1 tablespoon sugar
  - 1 teaspoon kosher salt
- 11/4 pounds trimmed fresh rhubarb stalks
- **1.** Lightly crush juniper, allspice, coriander and peppercorns in a mortar and pestle or with the bottom of a heavy skillet. Transfer to a medium saucepan and add chiles, shallot, bay leaves, star anise, vinegar, water, sugar and salt. Bring to a boil. Reduce heat to a gentle simmer and cook, stirring occasionally, for 5 minutes.
- **2.** If the skin on your rhubarb is at all tough, peel it or you will end up with stringy pickles. It's easy to do with your fingernails, but it can also be done with a paring knife; you only want to take off the outermost layer (see photo, far left). Cut the rhubarb into 4-inch lengths (or so it's about 1 inch shorter than your jars when standing upright). If the stalks are thick, halve or quarter them lengthwise so they are about <sup>3</sup>/<sub>4</sub> inch thick. Pack the rhubarb snugly into 2 clean 1-pint canning jars.
- **3.** Fill the jars with the hot liquid and spices. Cover the jars and refrigerate for at least 1 week and up to 2 months before eating. To serve, slice the pickles into smaller pieces or leave whole.

MAKES: 2 PINTS (1/4-CUP SERVING)

 $\label{eq:Calories 16} \textbf{Calories 16}, \textbf{Fat 0g (sat 0g)}, \textbf{Cholesterol 0mg}, \textbf{Carbs 4g}, \textbf{Total sugars 2g} \\ (added 2g), \textbf{Protein 0g}, \textbf{Fiber 1g}, \textbf{Sodium 22mg}, \textbf{Potassium 117mg}.$ 

# In an Asian-inspired dish with pork chops, sticky honey and spices, rhubarb



#### **RHUBARB & LAMB TAGINE**

ACTIVE: 50 MIN TOTAL: 3½ HRS TO MAKE AHEAD: Cover and refrigerate for up to 3 days.

In this tagine, a one-pot braise from North Africa, rhubarb contributes a savory-tart flavor. Pork shoulder would be good in place of the lamb if you prefer. Serve over whole-wheat couscous or an aromatic brown rice, such as basmati or jasmine.

- 2 pounds boneless leg of lamb, trimmed, cut into 2-inch pieces
- 11/8 teaspoons kosher salt, divided
- 1½ teaspoons ground pepper, divided
- 3 tablespoons butter
- 4 cups sliced onions (½ inch thick)
- 2 cloves garlic, thinly sliced
- 2 cinnamon sticks
- 1 teaspoon cumin seeds
- 1 teaspoon ground ginger
- ½ teaspoon cayenne pepper
- 1 28-ounce can or two 14-ounce cans no-salt-added diced tomatoes
- 3 cups coarsely chopped rhubarb, fresh or frozen (thawed)
- 2 cups low-sodium chicken broth
- ½ cups golden raisins or currants
- 3 tablespoons light brown sugar Handful of chopped flat-leaf parsley
- 1. Preheat oven to 325°F.
- **2.** Season lamb with 1 teaspoon each salt and pepper.
- **3.** Melt butter in a large pot over medium heat. Add onions and cook, stirring occasionally, until they start to brown around the edges, 6 to 10 minutes. Add garlic, cinnamon sticks, cumin seeds, ginger and cayenne; cook, stirring, for 1 minute more. Add tomatoes and their juice, rhubarb, broth, raisins (or currants) and brown sugar; increase heat to high and bring to a lively simmer. Nestle the lamb into the stew and cover with a tight-fitting lid. Transfer to the oven.
- **4.** Bake until the lamb is meltingly tender, about 2 hours.
- **5.** Increase oven temperature to  $425^{\circ}$ . Uncover the pot and bake until the sauce has slightly reduced, 30 to 45 minutes. Season with the remaining  $\frac{1}{2}$  teaspoon salt and  $\frac{1}{2}$  teaspoon pepper. Serve topped with parsley.

SERVES 6: ABOUT 11/3 CUPS EACH

Calories 368, Fat 14g (sat 6g), Cholesterol 94mg, Carbs 34g, Total sugars 21g (added 7g), Protein 30g, Fiber 5g, Sodium 495mg, Potassium 1,043mg.

# CHINESE SEARED PORK WITH FIVE-SPICE RHUBARB SAUCE

**ACTIVE:** 1HR **TOTAL:** 3 HRS (INCLUDING 2 HRS MARINATING TIME) **TO MAKE AHEAD:** Marinate the pork (Step 2) for up to 24 hours.

In a play on Peking duck, rhubarb replaces plums in the typical sauce. Here we pair it with lean pork chops for a simpler meal, but the sauce is also great with chicken, seafood or as a dip for your favorite dumplings.

- 1 cup chopped rhubarb, fresh or frozen (thawed)
- 1/3 cup water
- 1/3 cup honey plus 1 tablespoon, divided
  - 1 tablespoon hoisin sauce
  - 1 large clove garlic, chopped
- 2 teaspoons finely diced peeled fresh ginger
- 2 teaspoons Chinese fivespice powder, divided
- 1/4 teaspoon crushed red pepper
- 3 tablespoons reducedsodium soy sauce, divided

- 2 teaspoons lemon juice
- 2 tablespoons canola oil, divided
- 1½ pounds boneless pork chops (1 inch thick), trimmed
- 1/2 teaspoon ground pepper
- 1/4 teaspoon salt
- 1/2 cup thinly sliced scallion greens
  - Small Chinese-style pancakes (see Tip, page 97) or flour tortillas for serving
- 1. Combine rhubarb, water, 1/3 cup honey, hoisin, garlic, ginger, 1 teaspoon five-spice powder and crushed red pepper in a medium saucepan. Bring to a simmer over medium-low heat. Cook, stirring occasionally, until slightly reduced and the rhubarb is very soft, about 10 minutes. Remove from heat and stir in 1 tablespoon soy sauce and lemon juice. Transfer 2 tablespoons of the sauce to a small bowl; refrigerate the remaining sauce until ready to serve.
- **2.** To make marinade, add the remaining 2 tablespoons soy sauce, 1 tablespoon honey and 1 tablespoon oil to the 2 tablespoons sauce. Season pork chops with the remaining 1 teaspoon five-spice powder, pepper and salt. Place the chops in a dish or sealable plastic bag and pour in the marinade; turn to coat well. Marinate in the refrigerator for at least 2 hours and up to 24 hours.
- 3. Preheat oven to 400°F.
- **4.** Blot the chops with paper towels. Lightly rub both sides with the remaining 1 tablespoon oil. Place a large cast-iron skillet over medium heat until hot. Cook the chops on one side for 3 minutes. Turn them over and transfer the pan to the oven. Bake until an instant-read thermometer inserted in the thickest part registers  $140^{\circ}F$ , 6 to 8 minutes.
- **5.** Transfer the chops to a platter, tent with foil and let rest for 5 minutes. Reheat the refrigerated sauce. Slice the pork and serve with the sauce, scallions and pancakes (or tortillas), if using.

SERVES 6: 3-4 OZ. PORK & ABOUT 2 TBSP. SAUCE EACH Calories 218, Fat 8g (sat 2g), Cholesterol 57mg, Carbs 18g, Total sugars 15g (added 15g), Protein 19g, Fiber 1g, Sodium 286mg, Potassium 346mg.





# RHUBARB, GINGER & SAFFRON BAKED CHICKEN

ACTIVE: 20 MIN TOTAL: 1 HR 10 MIN

TO MAKE AHEAD: Combine chicken and seasonings (Step 2) and refrigerate for up to 24 hours. Let stand at room temperature for about 1 hour before continuing. This easy chicken dish is perfect for entertaining because you can mix most of the ingredients together ahead of time. Then you just need to do some finishing touches and bake when you're ready. Be sure to use red onion as it helps the rhubarb retain its pink color even when baked.

- 2½ cups sliced rhubarb (½ inch), fresh or frozen (thawed)
  - 2 cups thinly sliced red onion
  - 3 tablespoons chopped peeled fresh ginger
  - 2 cloves garlic, chopped
  - 2 tablespoons extra-virgin olive oil
  - 1 teaspoon kosher salt
  - 1 teaspoon ground pepper
  - 1 teaspoon ground ginger
  - ½ teaspoon ground cinnamon Big pinch of saffron
  - 8 small bone-in, skinless chicken thighs (2½-3 pounds total)
  - 1/4 cup white wine
  - 1/3 cup packed light brown sugar
  - 1/4 cup sliced almonds, toasted
  - 1/4 cup coarsely chopped fresh cilantro
- 1. Preheat oven to 350°F.
- **2.** Combine rhubarb, onion, fresh ginger, garlic, oil, salt, pepper, ground ginger, cinnamon and saffron in a large bowl. Add chicken and mix thoroughly.
- **3.** Transfer the mixture to a 9-by-13-inch baking dish, keeping the chicken in a single layer. Add wine and sprinkle with brown sugar.
- **4.** Bake the chicken, basting once or twice, until an instant-read thermometer inserted into the thickest part without touching bone registers 165°F, 50 minutes to 1 hour. Serve sprinkled with almonds and cilantro.

SERVES 4: 2 PIECES CHICKEN &  $\frac{3}{4}$  CUP SAUCE EACH Calories 514, Fat 25g (sat 5g), Cholesterol 133mg, Carbs 31g, Total sugars 22g (added 18g), Protein 40g, Fiber 4g, Sodium 403mg, Potassium 694mg.



RHUBARB GALORE! Recipes for rhubarb crisps, crumbles, salads and sauces at eatingwell.com/webextra



# PANNA COTTA WITH RHUBARB SAUCE

ACTIVE: 40 MIN TOTAL: 8 HRS 40 MIN

**TO MAKE AHEAD:** Refrigerate panna cotta for up to 2 days. Refrigerate sauce for up to 1 day. Buttermilk and half-and-half replace cream in this lighter take on the Italian dessert. If you like, garnish with curls of candied orange peel.

- 2 tablespoons water plus ½ cup, divided
- 1 envelope unflavored gelatin
- 2 cups half-and-half
- 3/4 cup sugar plus 5 tablespoons, divided
- 3 cups buttermilk Pinch of salt
- 1½ cups sliced rhubarb (½ inch)
- 1/2 teaspoon freshly grated orange zest
- 2 tablespoons orange juice
- ½ vanilla bean, split
- **1.** Place 2 tablespoons water in a large, heatproof mixing bowl and sprinkle with gelatin; let stand about 5 minutes to soften. If some of it still seems dry, sprinkle with a few more drops of water.
- **2.** Heat half-and-half and  $\frac{3}{4}$  cup sugar in a medium saucepan over medium heat until steaming, stirring to dissolve the sugar. Pour over the gelatin and whisk vigorously to dissolve. Whisk in buttermilk and salt. Pour the mixture through a fine sieve to strain out any lumps. Divide among eight 1-cup dessert cups or ramekins. Loosely cover and refrigerate for at least 8 hours or up to 2 days.
- 3. Preheat oven to 400°F.
- **4.** Place rhubarb in a medium glass or ceramic baking dish. Combine the remaining ½ cup water and 5 tablespoons sugar, orange zest and juice in a small saucepan. Scrape the seeds from the vanilla bean into the mixture and add the bean to the pan. Bring to a boil, stirring to dissolve the sugar. Pour the syrup mixture over the rhubarb.
- **5.** Bake, uncovered, until the rhubarb is tender, about 20 minutes. Let cool for 30 minutes, then cover and refrigerate until cold, at least 1 hour and up to 1 day.
- **6.** To serve, remove the vanilla bean from the sauce and discard. Top each panna cotta with about 2 tablespoons of the sauce.

SERVES 8: ABOUT ¾ CUP EACH WITH SAUCE Calories 227, Fat 8g (sat 5g), Cholesterol 26mg, Carbs 35g, Total sugars 32g (added 27g), Protein 6g, Fiber 0g, Sodium 142mg, Potassium 291mg.

APRIL McGREGER is the owner of Farmer's Daughter, a small-batch, farm-driven food purveyor in Hillsborough, North Carolina.



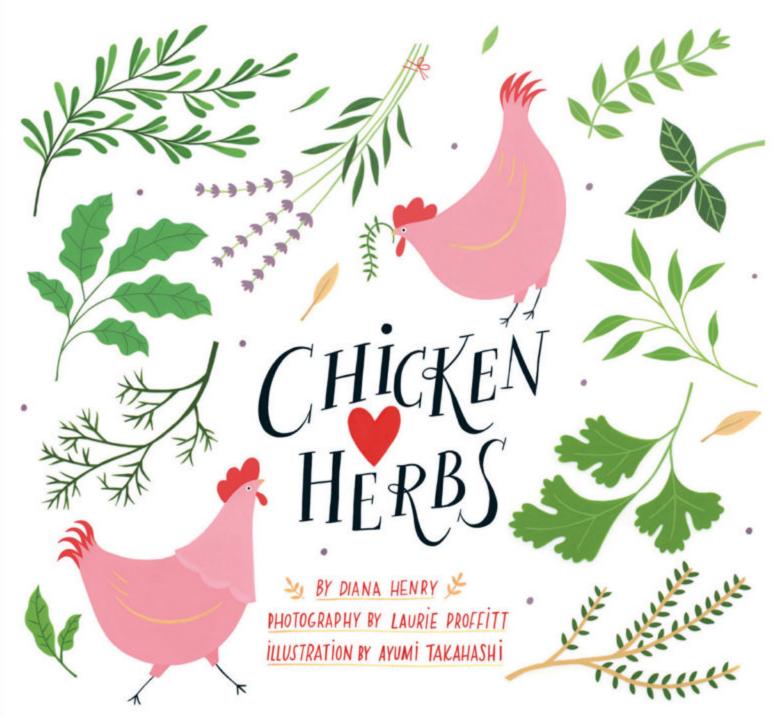
Since 1895 the Lavazza family has put its heart and soul into creating the perfect balance of taste and aroma. Lavazza Classico is artfully blended, rich in body and filled with Italian Passion in every cup.



Now available in K-Cup® packs. Enjoy.

**ITALY'S FAVORITE COFFEE** 





## The easiest way to make your chicken sing—punch it up with fresh herbs!

Chicken is a friendly ingredient. There are few foods that can cozy up to such a range of ingredients and with such swoon-worthy results. When it comes to herbs it's hard to think which wouldn't end up with chicken at a cooking speed-dating party. Chicken can take the more assertive ones—rosemary, lavender, thyme and sage—as well as the more mild-mannered specimens, such as tarragon, parsley, basil, dill, coriander and chervil. If you're doing a quick after-work shopping trip, throw a bunch of herbs into your basket along with some chicken thighs and your supper prospects are already looking tastier.

As a rule of thumb, the softer, leafy herbs add freshness to dishes. A few sprigs of dill brighten roasted chicken, leeks and potatoes. Torn mint leaves and parsley lend a salad of grilled chicken, freekeh

and dried sour cherries a sweet and grassy taste of spring. A handful of fresh cilantro will transport a pot of chicken to Asia, or Mexico, for that matter.

Woody herbs like thyme and rosemary are best to withstand the fierce heat of roasting and long cooking times. But rules are meant to be broken, even when it comes to the chicken-and-herb romance. So in Baked Chicken with Tarragon & Dijon Mustard, the little aniseed-flavored leaves give aromatic distinction to a breadcrumb coating that turns crispy and golden in a hot oven.

Chicken and herbs are meant to be together, so make sure you find your way over to the produce section at the market. Those little packs of herbs can look rather flattened and powerless. They're anything but. And chicken loves them.

#### **GRILLED CHICKEN SALAD WITH FREEKEH.** PRESERVED LEMON & DRIED CHERRIES

ACTIVE: 1HR TOTAL: 1HR (PLUS MARINATING TIME)

TO MAKE AHEAD: Marinate chicken (Step 1) for up to 4 hours.

Mint and parsley are among the first herbs of the season and give this grain salad its fresh spring taste. Dried cherries add a touch of color along with their sweet and tart flavor. Later on, when fresh sweet cherries are available, you could add those instead. Serve with tzatziki and a green salad on the side. (Photograph: page 58.)

#### CHICKEN

- 2 boneless, skinless chicken breasts or 4 boneless. skinless chicken thiahs (about 11/4 pounds; see Tip, page 97), trimmed
- 1/4 cup extra-virgin olive oil
- 1/4 cup lemon juice
- 4 cloves garlic, grated or minced
- ½ teaspoon salt
- 1/2 teaspoon ground pepper SALAD
  - 1/2 cup dried tart cherries
  - 3/4 cup freekeh (see Tip, page 97)

- 1/4 cup extra-virgin olive oil
- 2 tablespoons lemon juice
- 1 tablespoon white balsamic vinegar
- 2 teaspoons honey
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 1/4 teaspoon ground pepper
- 1½ tablespoons chopped preserved lemon rind (see Tip, page 97), or more to taste
- 1/2 cup torn fresh mint leaves, divided
- 1/4 cup chopped flat-leaf parsley, divided
- 1. To marinate chicken: If you are using chicken breasts, cut them in half crosswise or, if they're particularly thick, cut them in half horizontally. Mix ¼ cup each oil and lemon juice, garlic and ½ teaspoon each salt and pepper in a dish (or gallon-size sealable plastic bag). Add the chicken and turn the pieces to coat. Marinate, covered, in the refrigerator for at least 1 hour and up to 4 hours. About 30 minutes before you're ready to cook, remove the chicken from the refrigerator.
- 2. To prepare salad: Put cherries in a small saucepan and add just enough water to cover. Bring to a boil, then remove from heat and let stand until plump, about 30 minutes. Drain.
- 3. Put freekeh in a medium saucepan, cover with 2 inches water and bring to a boil. Reduce heat and simmer until just tender, about 25 minutes. Drain.
- 4. Whisk oil, lemon juice, vinegar, honey, cinnamon, salt and pepper in a large bowl. Add the freekeh, the cherries, preserved lemon and all but 1 tablespoon each of the herbs; stir until combined.
- 5. To prepare chicken: Heat a ridged grill pan over medium-high

heat until it is very hot or preheat a grill to medium-high.

6. Remove the chicken from the marinade. For a grill pan: Cook for 2 minutes on each side, then reduce heat to medium and cook, turning once or twice more, until an instant-read thermometer inserted into the thickest part registers 165°F, 4 to 6 minutes more. For a grill: Grill for 5 to 7 minutes per side. Serve the chicken on top of the salad, garnished with the remaining 1 tablespoon each mint and parsley.

SERVES 4:1 PIECE CHICKEN & 3/4 CUP SALAD EACH Calories 539, Fat 24g (sat 4g), Cholesterol 78mg, Carbs 44g, Total sugars 13g (added 3g), Protein 35g, Fiber 8g, Sodium 335mg, Potassium 342mg.

#### WINE LIST // Chicken ♥ Herbs

Grilled Chicken Salad + citrusy, juicy Chehalem Three Vineyard Pinot Gris, Willamette Valley, OR (\$22)

Baked Chicken with Tarragon & Dijon Mustard + dry, crisp Cantina del Taburno Falanghina, Campania, Italy (\$18)

Chicken with Creamy Dill & Leek Sauce + fruity, full-bodied Château Lamothe de Haux Blanc, Bordeaux, France (\$15)

Chicken Saltimbocca + earthy, ruby-red Giovanni Rosso Barbera d'Alba D.O.C. Donna Margherita, Piedmont, Italy (\$20)







# BAKED CHICKEN WITH TARRAGON & DIJON MUSTARD

ACTIVE: 25 MIN TOTAL: 1 HR

For the crispiest coating, be sure to start with coarse dry breadcrumbs or toast fresh breadcrumbs in the oven until they're dry before pressing onto the chicken legs. If you like, prepare this dish with 8 thighs and 8 drumsticks instead of the leg quarters—the cooking time stays the same.

- 3 tablespoons unsalted butter, at room temperature
- 1/3 cup Dijon mustard
- 2 tablespoons chopped fresh tarragon
- 1/2 teaspoon ground pepper
- 8 bone-in chicken leg quarters (4½-5 pounds), skin removed
- 2/3 cup coarse dry breadcrumbs1 tablespoon extra-virgin olive oil
- 1. Preheat oven to 425°F.
- **2.** Mash butter with mustard, tarragon and pepper in a bowl until combined. Place chicken in a roasting pan (or large baking dish) and brush the tops and sides with the mustard mixture. Toss breadcrumbs and oil in a bowl. Press the breadcrumbs onto the chicken.
- **3.** Roast the chicken until the breadcrumbs are golden brown and an instant-read thermometer inserted into the thickest part without touching bone registers 165°F, 35 to 45 minutes. Serve immediately, drizzled with the cooking juices, if desired.

SERVES 8: 1 LEG QUARTER EACH
Calories 310, Fat 16g (sat 6g), Cholesterol
195mg, Carbs 6g, Total sugars 0g (added 0g),
Protein 33g, Fiber 0g, Sodium 416mg, Potassium 413mg.





#### **CHICKEN WITH CREAMY DILL & LEEK SAUCE**

ACTIVE: 45 MIN TOTAL: 2 HRS

You might think this recipe comes from Scandinavia—land of dill lovers—but in fact it was inspired by a dish made in Turkey, where whole fish are cooked on a bed of potatoes and dill. It's very comforting, but light and springlike at the same time. You need a little color, so serve it with roasted tomatoes or a carrot puree. If you're not a dill enthusiast, parsley is just as good.

- 2 tablespoons unsalted butter, at room temperature
- 2 tablespoons chopped fresh dill, divided, stems reserved
- 1 teaspoon salt, divided
- 1 teaspoon ground pepper, divided
- 1 4½-pound whole chicken, patted dry

- 1 pound small Yukon Gold or red potatoes. peeled
- 4 small-to-medium leeks (about 2 pounds)
- 13/4 cups low-sodium chicken broth
- 1/4 cup dry vermouth
- 1/4 cup crème fraîche or sour cream



- 2. Mash butter in a small bowl with 1 tablespoon dill and 1/4 teaspoon each salt and pepper. Carefully loosen the skin over the chicken breast and legs; push and spread the butter around under the skin until it's as evenly distributed as possible. Sprinkle the chicken with 1/4 teaspoon each salt and pepper. Place in a roasting pan. Squeeze lemon over the chicken, then put the rinds into the cavity along with the dill stems.
- 3. Slice potatoes about 1/16 inch thick. Remove most of the dark green tops and the root ends from leeks. Halve the leeks lengthwise and rinse well to remove any grit between the layers. Cut into 1½-inch pieces.
- 4. Scatter the potatoes and leeks around the chicken. Season with the remaining  $\frac{1}{2}$  teaspoon each salt and pepper. Heat broth to boiling and pour it onto the vegetables, along with vermouth.
- **5.** Roast the chicken and vegetables for 20 minutes.
- 6. Reduce oven temperature to 350° and continue roasting until the potatoes are tender and an instant-read thermometer inserted into the thickest part of a thigh without touching bone registers 165°F, 1 to 11/4 hours.
- 7. Transfer the chicken to a warmed platter and cover with foil. If the vegetables haven't absorbed all the liquid, set the pan over medium-high heat on the stovetop and boil, stirring, until the liquid mostly disappears. Gently fold crème fraîche (or sour cream) into the vegetables; it doesn't have to be completely mixed in—there is a rough edge to this dish that makes it all the more satisfying. Pour any accumulated juice from the chicken over the vegetables. Serve the chicken with the vegetables, scattered with the remaining 1 tablespoon dill.

SERVES 8: 3 OZ. CHICKEN (W/O SKIN) & ½ CUP VEGETABLES EACH Calories 318, Fat 12g (sat 5g), Cholesterol 86mg, Carbs 23g, Total sugars 4g (added 0g), Protein 27g, Fiber 2g, Sodium 400mg, Potassium 579mg.



#### **CHICKEN SALTIMBOCCA**

ACTIVE: 20 MIN TOTAL: 20 MIN

Classics are classics for a reason: they're great dishes. This one is usually made with veal, but chicken breast is an easy stand-in. It's an excellent dish for when there are just two of you; it's quickly made but special.

- 2 small boneless, skinless chicken breasts (5-6 ounces each), tenders removed (see Tip, page 97)
- 1/4 teaspoon ground pepper
- 2 thin slices prosciutto
- 2-4 fresh sage leaves
- 11/2 teaspoons all-purpose flour
  - 1 tablespoon butter
  - 2 teaspoons extra-virgin olive oil
- 3/4 cup dry Marsala
- 1. Put chicken breasts between pieces of plastic wrap and, using a rolling pin or the smooth side of a meat mallet, bash them to a thickness of about 1/4 inch, but don't bash so hard that they break up. Season with pepper. Wrap a slice of prosciutto around each chicken escalope and put a sage leaf or two on top. Lightly dust the chicken on both sides with flour.
- 2. Heat butter and oil in a large skillet over medium heat. Cook the chicken until no longer pink in the middle, about 3 minutes per side. To check if it's done, stick the tip of a sharp knife into it: the juice that runs out should be clear with no trace of pink. Transfer the chicken to a warm platter and cover with foil.
- 3. Add Marsala to the pan and cook over high heat until thickened and reduced by about half, 3 to 4 minutes. Serve the sauce over the chicken.

SERVES 2:1 CHICKEN BREAST & 2 TBSP. SAUCE EACH Calories 395, Fat 15g (sat 6g), Cholesterol 89mg, Carbs 14g, Total sugars 7g (added Og), Protein 27g, Fiber Og, Sodium 443mg, Potassium 279mg.





Michael Solomonov
has brought the
taste of Tel Aviv's
naturally healthy
street foods to
Philly. Here's how
to bring it to your
own kitchen.



Michael Solomonov's first restaurant, Zahav, landed him a James Beard Award in 2011. It offers upscale Israeli food, including a selection of mezze (small plates to share) and grilled entrees. At Dizengoff (above), the latest addition to his empire, he's scaled down and gotten a lot more focused, just serving his signature hummus with a rotating choice of toppings.

There isn't much that makes Michael Solomonov nervous. But when Israelis order the hummus at his flagship restaurant Zahav in Philadelphia, the usually confident chef holds his breath. He waits for them to take their first bite, praying he'll see one of those exaggerated eye-rolls, coupled with a guilty smile, that TV chefs do when they taste something delicious. It almost always comes; Solomonov's hummus is rich, almost nutty, and irresistible. "Hummus is a *thing* in Israel," explains Solomonov. "Everyone is super-serious and opinionated about it. So if they say the hummus is good, then it's all OK by me."

Superstar chef

Great hummus is a matter of pride. But it's also essential as the 36-year-old chef plots what may be his next culinary empire— a chain of *hummusiyas*, or hummus shops, named Dizengoff after a busy shopping avenue in Tel Aviv. The first opened in Philadelphia's Center City last summer to rave reviews. In the early days, the shop

would sell out of both hummus and its rotating set of salads as early as noon, salads like eggplant with green chermoula or roasted corn with fenugreek *tehina* (as tahini is called in the Middle East). It was no wonder: for about \$11, you get a quick, protein-packed meal—and delicious proof that healthy fast food isn't an oxymoron.

The food at Dizengoff wasn't designed to be healthy per se. The foods of Israel, where Solomonov was born and learned to cook, naturally follow the tenets of eating well: real food, mostly fruits and vegetables. "A quick meal is a salad and juice. Snacks are pickles and olives or yogurt," Solomonov says. "Even the street food is healthy. It's f\*\*\*ing shwarma on a stick with more pickles and vegetables."

Two sentences. That's about the longest Solomonov usually goes without swearing. Trim, with clipped hair tinged with silver, he's manic—he almost twitches

By JANE BLACK // Recipes by MICHAEL SOLOMONOV

LOCATION PHOTOGRAPHY BY BILL WADMAN • FOOD PHOTOGRAPHY BY ANDREW SCRIVANI





if he has to sit for too long—and compulsively driven. The push is in part because Solomonov knows this is his moment. He now has five different restaurant concepts in Philly, plus a cookbook and a five-hour PBS series on Israeli food in the works. But his ambition also is fueled by a dark past. He has talked publicly of his addiction to drugs and his struggles after his brother, a soldier in the Israeli army, was killed just three days before the end of his military commitment. "After his brother died, he felt it was his duty to do something for Israel," says Joan Nathan, well-known cookbook author and expert on Jewish cuisine. "He chose to do it through food. Being an evangelist is a way of keeping his brother's memory alive."

But back to the hummusiyas. In Israel, they are momand-pop joints. They sell only hummus, open early enough for breakfast and close when they run out. As a practical matter, almost everything they use is fresh; Israel's troubled trade relations with its neighbors means that most things are grown within its own borders. That's one reason why hummus and all of Israeli cuisine is suddenly garnering so much attention here in the United States. The food, tan-

talizing for its inventiveness, is hyper-local.

Every region in the Middle East has its own spin on hummus. The Israelis and Palestinians use "a ton of tehina," says Solomonov, while the Turks make theirs fiery with garlic. Solomonov's trick is to soak the chickpeas with baking soda in the water, then cook them until they are almost falling apart. Then he drains them overnight in the fridge to make sure that the puree is not watered down. Cold chickpeas and tehina are

also essential; if either gets warm while being whizzed in the blender, the tehina will split and make the hummus greasy. His technique raises some eyebrows; Nathan, for example, prefers to blend everything while it's still warm and, she says tartly, "My hummus is *very* good."

Whatever the reason, Solomonov's hummus is remarkable—and the perfect base for Dizengoff toppings: *matbucha*, a bright stew of tomatoes laced with coriander and served with hard-boiled egg, or thin ribbons of zucchini tossed in what he calls "zucchini baba," a puree of roasted zucchini mixed with tehina and topped with toasted hazelnuts. Solomonov makes all manner of "babas," including one with Brussels sprouts. Why limit the famous dip to eggplant?

"I just wanted to open a hummusiya," he says. "Who wouldn't want to eat hummus for lunch?"

**JANE BLACK** is a food writer who covers food trends, politics and sustainable farming. She lives in New York.



#### **DOUBLE-TAHINI HUMMUS**

ACTIVE: 45 MIN TOTAL: 11/4 HRS

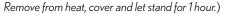
(NOT INCLUDING SOAKING & CHILLING TIME)

**TO MAKE AHEAD:** Cover and refrigerate hummus (without garnishes) for up to 5 days. Garnish just before serving.

This hummus is easy to make, but takes a bit of time to get the lightest, silkiest results. Chilling the drained, cooked chickpeas overnight ensures that when they're blended with the oil and cold tahini the hummus will come out creamy rather than oily. In a pinch, you can use the quick-soak technique (see Step 1), reduce the chilling time and still get great hummus.

- 8 ounces dried chickpeas (about 1 cup)
- 1 tablespoon baking soda
- 7 large cloves garlic, peeled
- ½ cup extra-virgin olive oil, divided
- 1/2 cup cold tahini (see Tip, page 97), divided
- ½ cup fresh lemon juice plus 1 tablespoon, divided
- 1½ teaspoons kosher salt
- ½ teaspoon ground cumin, plus more for garnish Paprika for garnish
- 1/4 cup chopped flat-leaf
- **1.** Place chickpeas in a medium saucepan and cover with 2 inches of water; stir in baking soda. Soak overnight. (*Alternatively, to quick-soak: Bring the chickpea mixture in the saucepan to a boil. Boil for 2 minutes.*





- 2. Drain the chickpeas and rinse well. Rinse out the pan. Return the chickpeas to the pan and cover with 2 inches fresh water. Add garlic. Bring to a boil. Keep at a rolling boil until the chickpeas are tender and almost falling apart, 25 to 40 minutes.
- **3.** Reserve about  $\frac{3}{4}$  cup of the cooking water, then drain the chickpeas. Set aside 2 tablespoons of the prettiest chickpeas for garnish. Rinse the remaining chickpeas and garlic and set the colander over a bowl. Refrigerate the chickpea mixture, reserved cooking water and pretty chickpeas separately overnight.
- **4.** The next day, combine the chickpeas, 6 of the garlic cloves and  $\frac{1}{2}$  cup of the reserved cooking water in a food processor (or blender) with  $\frac{1}{4}$  cup each oil, tahini and  $\frac{1}{4}$  cup lemon juice, salt and cumin. Process until creamy. Transfer to a serving bowl. Puree the remaining  $\frac{1}{4}$  cup each oil and tahini with the remaining garlic clove, 2 tablespoons of the cooking water and 1 tablespoon lemon juice until smooth.
- **5.** Make an indention in the center of the hummus and spoon in the tahini-lemon mixture. Sprinkle the hummus with cumin and paprika, if desired. Garnish with the reserved whole chickpeas and parsley. **SERVES 16:** ¼ CUP EACH

Calories 159, Fat 12g (sat 2g), Cholesterol Omg, Carbs 10g, Total sugars 2g (added 0g), Protein 4g, Fiber 3g, Sodium 139mg, Potassium 135mg.







#### POTATOES WITH GREEN TAHINI SAUCE

ACTIVE: 35 MIN TOTAL: 21/4 HRS

**TO MAKE AHEAD:** Prepare through Step 2; cover and refrigerate potatoes and sauce separately. Finish Step 3 and hold at room temperature for up to 2 hours or refrigerate for up to 8 hours. The cilantro- and lemon-laced tahini sauce is a perfect bold partner for potatoes, but it would also be great tossed with roasted carrots or broccoli.

- 3 pounds small new potatoes, scrubbed
- 2 tablespoons kosher salt plus ½ teaspoon, divided
- bunch fresh cilantro, coarsely chopped
- 1/2 cup tahini (see Tip, page 97), at room temperature
- 1/4 cup lemon juice
- 2 tablespoons water at room temperature, plus more as needed
- 2 tablespoons chopped fresh parsley
- 2 teaspoons extra-virgin olive oil
- **1.** Place potatoes in a large pot, add 2 tablespoons salt and cover with cold water by about 2 inches. Bring to a boil. Reduce heat and simmer until tender, about 15 minutes. Let the potatoes cool to room temperature in the water,  $1\frac{1}{2}$  to 2 hours. Drain and cut the potatoes in half.
- **2.** Combine cilantro, tahini, lemon juice and water in a food processor (or blender); process until very smooth, adding additional room-temperature water by the tablespoon as needed for a smooth sauce.
- **3.** Toss the potatoes in a large bowl with the tahini sauce, parsley and the remaining  $\frac{1}{2}$  teaspoon salt. Drizzle with oil just before serving. **SERVES 8:** ABOUT 1 CUP EACH

Calories 239, Fat 9g (sat 1g), Cholesterol Omg, Carbs 36g, Total sugars 2g (added 0g), Protein 5g, Fiber 4g, Sodium 189mg, Potassium 612mg.



#### **LAMB WITH MINT, ORANGE & PISTACHIOS**

ACTIVE: 45 MIN TOTAL: 45 MIN

Serve this garlic- and cumin-flavored ground lamb as a topping for hummus or double the serving size, add some pita and a side salad and you've got a meal.

- 1/4 cup extra-virgin olive oil
- 1 pound ground lamb
- 1 medium onion, finely diced
- 3 cloves garlic, thinly sliced
- 1/4 cup frozen peas (thawed)
- 1 teaspoon freshly grated orange zest
- 1/3 cup fresh orange juice
- 1 tablespoon ground cinnamon

- ½ teaspoon kosher salt
- 1/4 teaspoon ground cumin
- 1/4 cup toasted and coarsely chopped pistachios
- 3 tablespoons fresh small mint leaves or 2 tablespoons coarsely chopped mint
- **1.** Heat oil in a large skillet over medium heat. Add lamb; press and break into small chunks with a rubber spatula. Cook, stirring occasionally, until it starts to get dark brown and crispy, 20 to 25 minutes.
- 2. Reduce heat to medium-low, add onion and garlic, and cook, stirring occasionally, until soft but not colored, 5 to 10 minutes. Stir in peas, orange zest and juice, cinnamon, salt and cumin; cook, stirring once or twice, until the liquid is evaporated, 30 seconds to 2 minutes. Serve garnished with pistachios and mint.

SERVES 8: 1/4 CUP EACH

Calories 213, Fat 16g (sat 4g), Cholesterol 37mg, Carbs 5g, Total sugars 2g (added 0g), Protein 11g, Fiber 2g, Sodium 108mg, Potassium 236mg.



#### **ROASTED BEET SALAD**

ACTIVE: 40 MIN TOTAL: 31/4 HRS

TO MAKE AHEAD: Prepare through Step 4, cover and refrigerate for up to 1 day; finish Step 5, cover and refrigerate for up to 1 day more. Solomonov used the look of tabbouleh as the inspiration for this salad. For a pretty variation, try golden beets instead of red. If you can't find beets with greens attached, use 1 pound of beets and 8 ounces of chard leaves.

- 11/2 pounds baby beets with greens attached
  - 1 head garlic
  - 4 tablespoons extra-virgin olive oil, divided
- 3/4 teaspoon kosher salt, divided
- 1 cup distilled white vinegar
- 1/4 cup sugar
- 1/2 cup finely chopped toasted walnuts
- 1/4 cup finely chopped red onion
- 1/4 cup chopped fresh dill
- 1. Preheat oven to 325°F.
- **2.** Rinse beets well. Cut off the greens, then cut the leaves off the stalks. Set the leaves and stalks aside. Remove excess papery skin from garlic head without separating the cloves, then cut the head in half horizontally.
- **3.** Toss the beets, garlic, 2 tablespoons oil and ½ teaspoon salt in a small baking pan, such as a bread pan. Cover with foil. Roast until tender. 1 to 1¼ hours. Let cool slightly.
- **4.** Whisk vinegar and sugar in a medium bowl. Squeeze the garlic cloves out of their skins into the bowl. Peel and dice the beets; add to the bowl. Let marinate at room temperature for at least 2 hours and up to 1 day.
- **5.** Finely chop the beet stalks and very thinly slice the greens; place in a large bowl. Scoop the beets from the pickling liquid with a slotted spoon and add to the bowl. Drizzle the beet mixture with  $\frac{1}{4}$  cup of the pickling liquid. Add walnuts, onion, dill, the remaining 2 tablespoons oil and  $\frac{1}{4}$  teaspoon salt and gently toss to combine.

SERVES 8: ABOUT ½3 CUP EACH
Calories 135, Fat 10g (sat 1g), Cholesterol Omg,
Carbs 11g, Total sugars 8g (added 3g), Protein 2g,
Fiber 2g, Sodium 150mg, Potassium 235mg.

#### MARINATED EGGPLANT WITH GREEN CHERMOULA

ACTIVE: 1HR TOTAL: 2HRS

**TO MAKE AHEAD:** Let stand at room temperature for up to 2 hours or cover and refrigerate for up to 1 day (bring to room temperature before serving).

A chermoula is a marinade that usually includes lemon, garlic, cumin and salt. Here it gets a hit of color and herbal freshness from cilantro and parsley.

- 8 cups cold water
- 1/3 cup kosher salt
- 4 Japanese eggplants (about 2 pounds)
- 1/4 cup chopped fresh cilantro
- 1/4 cup chopped flat-leaf parsley
- 12 tablespoons extra-virgin olive oil, divided
  - Zest and juice of 1 lemon
- 1 clove garlic, finely grated or minced
- 1 tablespoon ground coriander
- 1 tablespoon ground cumin
- 1. Combine water and salt in a large container, whisking to dissolve the salt. Cut eggplants in half lengthwise, then slice into ½-inch-thick half moons. Add to the water. Fit a plate on top of the eggplant and place something heavy on it, such as a can, to keep the eggplant submerged. Soak for at least 1 hour and up to 2 hours.
- **2.** Meanwhile, combine cilantro, parsley, 3 tablespoons oil, lemon zest and juice, garlic, coriander and cumin in a large bowl; set aside.
- **3.** Drain the eggplant; thoroughly pat dry. Line a baking sheet with paper towels. Heat 3 tablespoons oil in a large cast-iron skillet over medium heat. Add a third of the eggplant; cook, turning once, until dark golden brown and almost charred, 3 to 5 minutes per side. (If you think it's done, give it another minute or two so it's really creamy inside and crisp outside.) Transfer to the prepared baking sheet to drain. Repeat with the remaining oil and eggplant in two more batches.
- **4.** Gently stir the eggplant into the herb sauce. Let marinate at room temperature for at least 15 minutes and up to 2 hours before serving.

SERVES 8: 1/2 CUP EACH

 $\label{eq:Calories 226, Fat 21g (sat 3g), Cholesterol Omg, Carbs 8g, Total sugars 4g (added 0g), Protein 1g, Fiber 4g, Sodium 286mg, Potassium 284mg.}$ 



# MATBUCHA (SLOW-COOKED TOMATO SAUCE)

**ACTIVE: 10 MIN TOTAL: 5 HRS** 

**TO MAKE AHEAD:** Cover and refrigerate for up to 3 days; let come to room temperature or reheat before serving.

This tomato sauce, known as matbucha, is cooked until it's sweet/tart and intense. It's a typical hummus topping in Israel, but could also be great on grilled chicken or salmon, or stirred into a soup or stew for an umami layer of flavor.

- 1/2 cup extra-virgin olive oil
- 5 cloves garlic, thinly sliced
- 2 tablespoons ground coriander
- 1 28-ounce can whole tomatoes
- 3/4 teaspoon kosher salt
- 4 large eggs Fresh cilantro leaves for garnish
- **1.** Heat oil in a large heavy saucepan over medium heat. Add garlic and coriander and cook, stirring, until very fragrant, 1 to 2 minutes. Add tomatoes and salt. Bring to a simmer. Reduce heat and cook at a bare simmer, stirring occasionally, until the liquid is completely evaporated and the oil looks separated from the tomatoes, 4 to 6 hours.
- 2. To hard-boil eggs, place in a medium saucepan, cover with 1 to 2 inches water and bring to a simmer over medium-high heat. Reduce heat to low and cook at the barest simmer for 10 minutes. Drain and cover the eggs with ice-cold water; let stand until cool. Peel and refrigerate until ready to use.
- **3.** Serve the tomato sauce garnished with egg slices and cilantro.

SERVES 8: ¼ CUP SAUCE & ½ EGG EACH
Calories 186, Fat 17g (sat 3g), Cholesterol 93mg,
Carbs 5g, Total sugars 2g (added 0g), Protein 4g,
Fiber 2g, Sodium 283mg, Potassium 229mg.





#### **ROASTED CAULIFLOWER SALAD WITH WALNUTS**

ACTIVE: 35 MIN TOTAL: 1 HR

**TO MAKE AHEAD:** Cover and refrigerate for up to 1 day; serve at room temperature.

Walnuts pureed with tahini and lemon make an irresistible, earthy sauce that's tossed here with roasted cauliflower, shallot and fresh dill.

- 1 cup walnuts, divided
- 10 cups cauliflower florets (1- to 2-inch florets, from 1-2 heads)
- 1½ tablespoons extra-virgin olive oil
- 3/4 teaspoon kosher salt, divided
- 1/4 cup tahini (see Tip, page 97), at room temperature
- 1/4 cup lemon juice, plus more to
- 2 tablespoons water, at room temperature, plus more as needed
- 1/4 cup chopped fresh dill
- 1 tablespoon minced shallot
- 1. Preheat oven to 450°F.
- **2.** Place ½ cup walnuts in a small saucepan and add water to cover by 1 inch. Bring to a simmer. Reduce heat and simmer until slightly softened, about 20 minutes. Drain and let cool to room temperature.
- **3.** Meanwhile, toss cauliflower in a bowl with oil and ¼ teaspoon salt. Spread in a single layer on a baking sheet. Roast until browned on the bottom, about 20 minutes. Transfer to a large bowl and let cool to room temperature.
- **4.** Blend the cooled walnuts, tahini, ¼ cup lemon juice and water in a food processor until very smooth, scraping down the sides a few times. If it's too thick to blend, add additional room-temperature water by the tablespoon until you get a thick sauce.
- **5.** Toast the remaining  $\frac{1}{2}$  cup walnuts in a small dry skillet over medium heat for about 5 minutes. Chop and add to the cauliflower along with dill, shallot and the remaining  $\frac{1}{2}$  teaspoon salt. Add the dressing; gently toss to coat. Season to taste with more lemon juice, if desired. Serve at room temperature.

SERVES 8:1CUP EACH

Calories 200, Fat 17g (sat 2g), Cholesterol Omg, Carbs 11g, Total sugars 3g (added 0g), Protein 6g, Fiber 4g, Sodium 149mg, Potassium 513mg.



## **@**EDEN FOODS.

400 foods & 1,125 free recipes edenfoods.com | 888-424-3336











# Sushi - 6 Easy Steps

Proper sushi is endlessly fun. Tips to get rolling are at edenfoods.com/sushi. Create the desired flavor, texture, and appearance with authentic artisan Japanese pure traditional foods.

















#### WATERCRESS SALAD WITH SESAME-GARLIC DRESSING

ACTIVE: 35 MIN TOTAL: 35 MIN

Watercress stands up to the bold flavors of radicchio and a fish-sauce-spiked dressing in this spring salad.

Consider shaking up some extra dressing to toss with your salads throughout the week.

- 4 large eggs
- 4 cups trimmed watercress (see page 79) or arugula (about 4 ounces)
- 2 cups torn radicchio (1-inch pieces)
- 1 small avocado, cut into bite-size pieces
- 1 cup sliced radishes
- 1/2 cup thinly sliced spring onions or scallions

- 2 tablespoons fresh lime juice
- 1 tablespoon fish sauce
- 1 tablespoon packed brown sugar
- 2 teaspoons minced fresh jalapeño
- 2 teaspoons minced garlic
- 2 teaspoons toasted sesame oil
- 2 teaspoons toasted sesame seeds (optional)
- **1.** To hard-boil eggs, place in a small saucepan and cover with 1 inch of water. Bring to a simmer over medium-high heat. Reduce heat to low and cook at the barest simmer for 10 minutes. Remove from the heat, pour out hot water and cover the eggs with ice-cold water. Let stand until cool enough to handle before peeling. Cut into quarters.
- **2.** Combine watercress (or arugula), radicchio, avocado, radishes and onions (or scallions) in a salad bowl. Add the eggs. Combine lime juice, fish sauce, brown sugar, jalapeño, garlic and oil in a jar; cover and shake to combine. Pour the dressing over the salad and gently toss to combine. Garnish with toasted sesame seeds, if desired.

SERVES 5: 11/2 CUPS EACH

Calories 169, Fat 12g (sat 2g), Cholesterol 149mg, Carbs 11g, Total sugars 4g (added 3g), Protein 8g, Fiber 4g, Sodium 324mg, Potassium 487mg.





**EQUIPMENT:** 14-inch flat-bottomed carbon-steel wok

Like broccoli rabe, Chinese broccoli has a bitter bite, so add a little sugar to balance it without creating a sweet dish.

- 12 ounces Chinese broccoli (see page 79) or broccoli rabe
- 3/4 teaspoon sugar
- 1/2 teaspoon salt
- 2 tablespoons peanut oil, divided
- 3 slices fresh ginger (1/4 inch thick), peeled and smashed
- 1/4 teaspoon crushed red pepper
- 2 tablespoons Shao Hsing rice wine (see Tip, page 97) or dry sherry
- $\begin{array}{l} \textbf{1.} \ \text{Trim} \ \% \ \text{inch off broccoli} \ \text{stalks.} \ \text{If the stalks are thicker than} \ \% \ \text{inch,} \\ \text{cut in half lengthwise.} \ \text{Keeping them separate, cut the stalks and leaves} \\ \text{into 2-inch-long pieces.} \ \text{Combine sugar and salt in a small bowl.} \\ \end{array}$
- **2.** Heat a 14-inch flat-bottomed wok or large heavy skillet (not nonstick)

over high heat until a bead of water vaporizes within 1 to 2 seconds of contact. Swirl in 1 tablespoon oil and add ginger and crushed red pepper; stir-fry until the ginger is fragrant, about 10 seconds. Add the broccoli stalks and stir-fry until bright green, 1 to 1½ minutes. Swirl in the remaining 1 tablespoon oil and add the broccoli leaves; sprinkle with the sugar mixture and stir-fry until the leaves are bright green and just limp, about 1 minute. Swirl in rice wine (or sherry); stir-fry until the stalks are just crisp-tender, 1 to 1½ minutes. Remove the ginger before serving.

Calories 92, Fat 7g (sat 1g), Cholesterol Omg, Carbs 4g, Total sugars 1g (added 1g), Protein 3g, Fiber 2g, Sodium 319mg, Potassium 173mg.



Pancetta and the bite of white pepper flavor this stir-fry in lieu of a sauce. If your pancetta is particularly salty, adjust the salt to taste.

- 1/4 teaspoon salt
- $\frac{1}{8}$  teaspoon ground white pepper
- 1/2 teaspoon peanut oil plus 1 tablespoon, divided
- 1/4 cup diced pancetta
- 1 large clove garlic, smashed
- 8 ounces snow pea shoots (about 8 cups; see opposite) or sunflower sprouts
- 1/2 cup loosely packed cilantro
- 1. Combine salt and pepper in a small bowl.
- 2. Add ½ teaspoon oil and pancetta to a 14-inch flat-bottomed wok or large heavy skillet (not nonstick) over medium heat; when the pancetta starts to sizzle, stir-fry until it starts to brown, 1 to 1½ minutes. Reduce heat to medium-low and stir-fry 1 minute more.
- 3. Swirl in the remaining 1 tablespoon oil; add garlic, increase heat to high and stir-fry until fragrant, about 10 seconds. Add pea shoots (or sprouts), sprinkle with the salt mixture and stir-fry until just wilted and bright green, about 2 minutes. Remove the garlic. Stir in cilantro.

SERVES 4: ABOUT 1/2 CUP EACH

Calories 85, Fat 6g (sat 2g), Cholesterol 5mg, Carbs 5g, Total sugars 2g (added Og), Protein 3g, Fiber 2g, Sodium 261mg, Potassium 11mg.

#### **SHRIMP & CHINESE CHIVE WONTON SOUP**

ACTIVE: 1 HR TOTAL: 11/4 HRS

Homemade wontons are easy to make. Look for wonton wrappers in the refrigerated section of your supermarket near the fresh noodles or tofu and go for the square ones (not round). Leftover wrappers can be wrapped airtight and frozen for up to 1 month. (Photograph: page 1.)

- 2 Chinese dried mushrooms or dried shiitakes
- 4½ cups low-sodium chicken broth, divided
  - 4 ounces raw medium shrimp, peeled and deveined
- 1/4 cup minced chives, preferably Chinese chives (see right)
- 2 tablespoons minced water chestnuts *or* jícama
- 2 teaspoons Shao Hsing rice wine (see Tip, page 97) or dry sherry

- 7 teaspoons toasted sesame oil. divided
- 1/4 teaspoon ground white pepper
- 1 tablespoon cornstarch
- 24 square fresh wonton wrappers
- 4 1/4-inch slices fresh ginger, peeled and smashed
- 12 yau choi (choi sum; see right)
  or broccolini stalks
- 21/2 tablespoons reducedsodium soy sauce Cilantro sprigs (optional)
- **1.** Place mushrooms in a small heatproof bowl. Heat  $\frac{1}{2}$  cup broth until steaming and pour over the mushrooms. Let stand until softened, about 30 minutes. Remove the mushrooms (reserve the broth); cut off and discard the stems and finely chop the caps.
- **2.** Cut shrimp into ¼-inch pieces. Combine the shrimp, the mushroom caps, chives, water chestnuts (or jícama), rice wine (or sherry), 1 teaspoon sesame oil and pepper in a bowl.
- **3.** Line a baking sheet with parchment paper and lightly dust with cornstarch. Loosely cover wonton wrappers with a barely damp kitchen towel. Take 6 of the wrappers and set in a row with one corner facing you. Place a rounded teaspoon of the shrimp filling on the bottom corner of each wrapper. Starting at the bottom, roll each wrapper up three-quarters of the way, tucking in the filling as you go. Press on both sides to seal. Lightly dab a few drops of water on one of two side corners, bring the side corners together, overlap them and press to seal. Place the filled wontons on the prepared pan. Repeat in 3 more batches to make 24 wontons.
- **4.** Put 2 quarts of water on to boil in a large pot for cooking the wontons.
- **5.** Meanwhile, combine the remaining 4 cups broth, the reserved mushroom-soaking liquid and ginger in a large saucepan; cover and bring to a boil. Add yau choi (or broccolini) and cook until tendercrisp, 1 to 2 minutes. Remove from heat. Discard ginger. Divide greens among 6 soup bowls and drizzle with 1 teaspoon sesame oil each. Stir soy sauce into the broth; cover to keep warm.
- **6.** Add half the wontons to the boiling water and return to a boil over high heat, nudging them with a slotted spoon to prevent them from sticking. Reduce heat to medium and gently simmer until all the wontons float to the surface, 2 to 4 minutes. Use the slotted spoon to divide the wontons among 3 of the bowls, then ladle about ¾ cup broth over each portion. Repeat with the remaining wontons and broth. Serve hot, garnished with cilantro, if desired.

**SERVES 6:** 2 STALKS OF GREENS, 4 WONTONS & 3/4 CUP BROTH EACH Calories 202, Fat 7g (sat 1g), Cholesterol 26mg, Carbs 24g, Total sugars 1g (added 0g), Protein 11g, Fiber 1g, Sodium 485mg, Potassium 274mg.

#### GREENS PRIMER

## Far East Fresh

Dark leafy greens deliver hefty doses of vitamin K, which supports bone health; vitamin A, which keeps your eyes healthy; and vitamin C, which boosts immunity. Asian greens are often called by different names, and in Asian markets the confusion may be amplified by signs scribbled in Chinese. Here's a visual guide to help you identify each vegetable. Buy fresh greens without any yellowing.

#### WATERCRESS // sai yeung choi

Peppery, pungent with a hint of bitterness.
The leaves and stems are edible (trim any woody stem ends). Best in stir-fries, soups and salads.
Try arugula in its place.



# N

#### SNOW PEA SHOOTS // dau miu

Grassy, fresh, sweet snow pea flavor. They are a favorite in dumplings and lovely in a stir-fry or raw in a salad. You can use pea sprouts or sunflower sprouts instead.

#### CHINESE BROCCOLI // gai lan

Slight bitterness and a flavor reminiscent of broccoli rabe, which is a good substitute (as is broccolini). Look for tight buds (open flowers are a sign of age). Stir-fry or blanch and drizzle with oyster sauce.





#### YAU CHOI // choi sum

Looks like Chinese broccoli's sibling but more slender with long green leaves and thin, delicate green stems. Sweet and earthy with a hint of mustard. Baby bok choy and broccolini are good alternatives.



Tastes like a cross between a leek and a ramp with a garlicky edge. Trim the white stem end before using. They are best stir-fried. Asian markets often carry flowering garlic chives and yellow chives, which can be used interchangeably, as can regular chives in many recipes.





#### BABY BOK CHOY // siu bok choi

Mild, sweet cabbage flavor and ivory-colored stems with dark green leaves. Eight inches or less in length. Shanghai baby bok choy is the most popular, recognizable by its pale jade-green spoon-shaped stems. You can substitute mature bok choy, but it's not as tender and requires longer cooking.



**EQUIPMENT:** 14-inch flat-bottomed carbon-steel wok

While sherry vinegar and Dijon may seem like unconventional ingredients for a Chinese-style stir-fry, they combine to impart a mild Chinese-mustard-like flavor to the dish. You just may find yourself swirling the mixture into all your favorite sautéed vegetables.

- 1 pound baby bok choy (see page 79)
- 2 teaspoons sherry vinegar
- 1 teaspoon toasted sesame oil
- 1 teaspoon Dijon mustard
- 2 tablespoons peanut oil
- 1 tablespoon minced garlic
- 1/2 teaspoon salt
- 1/4 teaspoon ground pepper
- 2 tablespoons dry sherry
- **1.** Trim bok choy and separate stems. Rinse under cold water and dry well. Cut the stems into roughly 2-inch pieces (you should have about 4 cups). Keep the leaves whole. Combine vinegar, sesame oil and mustard in a small bowl; set aside.
- 2. Heat a 14-inch flat-bottomed wok or large heavy skillet (not nonstick)

over high heat until a bead of water vaporizes within 1 to 2 seconds of contact. Swirl in peanut oil, add garlic and stir-fry until fragrant, about 10 seconds. Add the bok choy stems and stir-fry for 1 minute. Add the leaves and sprinkle with salt and pepper; stir-fry until the leaves are just limp and bright green, about 30 seconds. Swirl in sherry and stir-fry until the stems are just crisp-tender, 30 seconds to 1 minute. Transfer to a serving bowl. Add the reserved vinegar mixture and toss to combine.

SERVES 4: 2/3 CUP EACH

Calories 92, Fat 8g (sat 1g), Cholesterol Omg, Carbs 3g, Total sugars 1g (added 0g), Protein 2g, Fiber 1g, Sodium 346mg, Potassium 430mg.



#### SPICY VEGETABLE LO MEIN

ACTIVE: 35 MIN TOTAL: 35 MIN

**EQUIPMENT:** 14-inch flat-bottomed carbon-

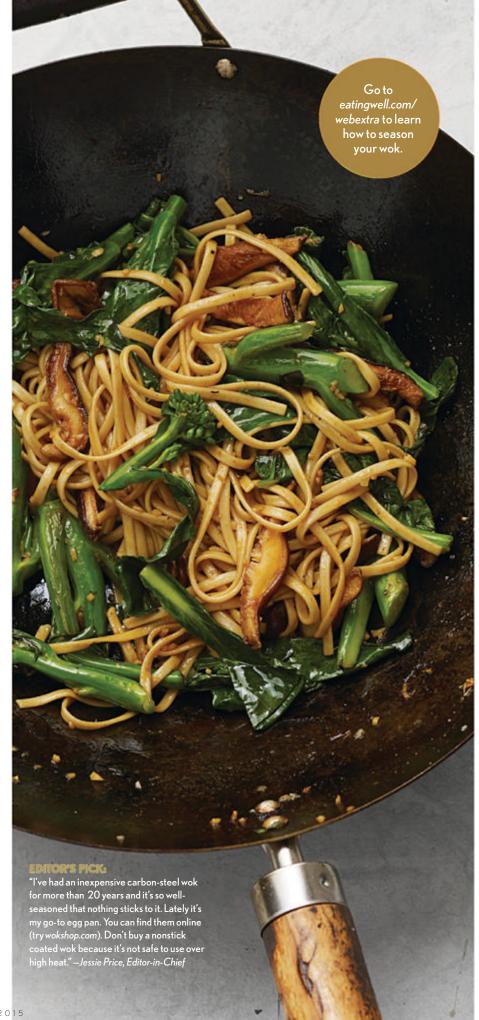
steel wok

Wet noodles will turn your stir-fry into a soggy mess, so drain them well. Cutting them into smaller pieces after they're cooked makes it easier to mix with the vegetables.

- 8 ounces lo mein noodles, linguine *or* spaghetti
- 1 teaspoon toasted sesame oil
- 12 ounces Chinese broccoli or broccolini
- 2 tablespoons reduced-sodium soy sauce
- 1 tablespoon Shao Hsing rice wine (see *Tip, page 97) or* dry sherry
- 1 tablespoon sriracha *or* other Asian hot sauce
- 2 tablespoons peanut oil, divided
- 1 tablespoon minced fresh ginger
- 1 tablespoon minced garlic
- 6 ounces fresh shiitake mushrooms, stems removed and caps thinly sliced Pinch of salt
- **1.** Bring 2 quarts of water to a boil in a large pot. Add noodles and cook according to package directions. Drain and rinse with cold water. Shake well to remove excess water. Transfer the noodles to a cutting board and roughly cut into thirds. Return the noodles to the pot and toss with sesame oil. Set aside.
- 2. Trim ¼ inch off broccoli (or broccolini) stalks. If the stalks are thicker than ½ inch, cut in half lengthwise. Keeping them separate, cut stalks and leaves into 2-inch-long pieces. Combine soy sauce, rice wine (or sherry) and hot sauce in a small bowl.
- **3.** Heat a 14-inch flat-bottomed wok or large heavy skillet (not nonstick) over high heat until a bead of water vaporizes within 1 to 2 seconds of contact. Swirl in 1 tablespoon peanut oil, add ginger and garlic and stir-fry until fragrant, about 10 seconds. Add mushrooms and the broccoli (or broccolini) stalks and stir-fry until all the oil is absorbed, about 30 seconds. Swirl in the remaining 1 tablespoon oil and add the noodles and broccoli leaves; stir-fry until just combined, about 15 seconds. Stir the soy sauce mixture and swirl it in. Sprinkle with salt and stir-fry until the noodles are heated through, 1 to 2 minutes.

SERVES 4: ABOUT 1½ CUPS EACH
Calories 351, Fat 9g (sat 2g), Cholesterol Omg,
Carbs 53g, Total sugars 4g (added 0g), Protein
13g, Fiber 5g, Sodium 427mg, Potassium

492mg.







The gluten-free trend keeps growing. But is it all just hype? Does gluten sensitivity really exist? Are more people being diagnosed with celiac disease? Is modern wheat the problem or could it be genetic engineering? Here we unravel...

# THE GLUTEN Control Control

BY SAMUEL FROMARTZ // Illustrations by Davide Bonazzi

few years ago, when I began writing a book about grains and bread, the first question I usually got when I mentioned the project was: "Why are so many people having problems with wheat?" In many ways, the question encapsulated the current anxiety around bread and wheat, which has gyrated from a source of sustenance for humanity into a toxic pariah.

Wheat—and the main protein it contains, gluten—has been cited as a cause of weight gain, "brain fog," skin rashes, joint pain, headaches, tiredness, allergies, gas, intestinal distress, irritable bowel syndrome, depression and, in the case of celiac disease—where the immune system goes haywire and attacks the body—even death. Yet wheat, which is found not only in bread and pasta, but also in beer and numerous processed foods, makes up one-fifth of all food eaten worldwide and is the number-one source of protein in developing countries. Humans have been eating wheat for around 10,000 years, starting with domestication of wild grasses in the Near East, at the dawn of agriculture.

With all the illnesses and ailments associated with wheat and gluten, it leads one to wonder: Could the human race have been so wrong about this staple food for so long? Or are the health concerns a figment of overactive imagination, propelled by the gluten-free trend?

Consumer data are pretty clear: around 22 percent of adults are trying to avoid gluten, creating an estimated \$8.8 billion market that grew 63 percent between 2012 and 2014, according to market research firm Mintel. As many as 20 million Americans think gluten-free diets are healthier and around 13 million are giving up gluten to lose weight (see page 88). Yet "the vast majority of individuals on gluten-free diets have no business being gluten-free, because, for them, there is no medical necessity," says Alessio Fasano, M.D., director of the Center for Celiac Research and Treatment at the MassGeneral Hospital for Children and an authority on the subject. He adds, "it's simply fashion." Jimmy Kimmel even poked fun at this trend on late-night TV, asking people on the street who were going gluten-free if they actually knew what gluten was. None could answer

the question. It's a protein—actually composed of about 70 different glutenin and gliadin proteins which stretch and trap gas as dough rises, creating airy bread.

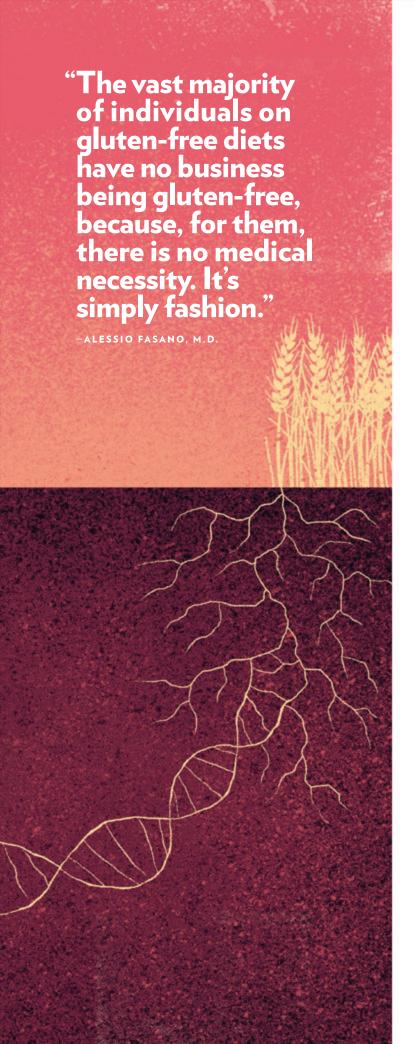
Compared with this lifestyle boom, the number of people who must avoid gluten for medical reasons is considerably smaller. An estimated 1 percent of all people have celiac disease, though only a small portion have actually been diagnosed and know they must steer clear of gluten. Another smaller group, about 0.4 percent of the population, suffer from sudden allergic reactions to ingesting wheat or breathing flour dust. Then there's a third group of "gluten-sensitive" people, who appear to have symptoms when they consume gluten that can't be explained by celiac disease or wheat allergy. Like celiac disease, the symptoms of gluten sensitivity are diverse and not confined to the gut. They include joint pain, muscle cramps, leg numbness, reflux, weight loss, chronic fatigue, depression and "brain fog"—a complaint that describes an inability to focus, and which can impair work and social life. The first and still imprecise studies on gluten sensitivity estimate that 0.6 to 6 percent of people suffer from it. This rudimentary understanding of the condition may help explain why so many people think they are gluten sensitive.

#### Is gluten sensitivity real?

or a long time, "we were adamant that gluten reactions had to be related to celiac disease and if celiac disease was ruled out you had no business going gluten-free," Fasano says. But this "dogma," as he now calls it, began to erode under the number of patients—not only in his clinic but also in many others—reporting reactions to gluten but testing negative for celiac disease. While only two studies even mentioned this disorder as recently as 2000, it has since gained much wider acceptance, especially among those who specialize in celiac disease. A definition of gluten sensitivity was only proposed in 2012 and it has yet to appear in diagnostic manuals. As an editorial in the *New England Journal of Medicine* pointed out last fall, "researchers are just beginning to define this entity."

Researchers think gluten sensitivity involves a misfiring of the innate immune system, a first line of defense against a foreign substance, like carpet-bombing the enemy with general inflammation. In celiac disease, gluten triggers a more precise response in genetically susceptible people: elite squads that are part of the adaptive immune system are marshaled for attack, but they end up targeting the cells of the intestinal wall, preventing the body from absorbing nutrients. With gluten sensitivity, people may suffer from gut or joint pain, headaches or other symptoms, but not exhibit any similar intestinal





damage. "We know gluten sensitivity is not celiac disease. We know it's not an autoimmune reaction, but we do know there's an immune component," says Fasano. "And that's about as much as we know."

Because the research is at such an early stage, physicians don't have the diagnostic tools to detect gluten sensitivity. "We don't have a clear blood test or biomarker for people with gluten sensitivity," says Fasano. If patients improve when gluten is removed from the diet and then worsen when challenged with gluten again, they probably have gluten sensitivity—that is, if all other explanations are ruled out.

#### Perhaps it's not gluten at the root

ome researchers even prefer the term "nonceliac wheat sensitivity," because gluten, which makes up about 75 percent of the proteins in wheat, may not account for the wide range of reactions. Other (nongluten) wheat proteins can stimulate an immune reaction, such as gut inflammation, in laboratory tests. Even the carbohydrates in wheat may cause the kind of intestinal discomfort that people usually attribute to gluten.

Researchers in Australia, for example, have looked at the role of a group of carbohydrates called FOD-MAPs—the acronym for fermentable oligosaccharides, disaccharides, monosaccharides and polyols. These poorly absorbed carbs ferment in the gut and can lead to gas, bloating, abdominal pain, diarrhea or constipation, symptoms common among people with irritable bowel syndrome (IBS)—and also associated with gluten sensitivity. About a third of those with IBS tend to improve by avoiding wheat. So the question arose: Is gluten actually the cause of the digestive ills or could it be the carbs found in wheat, rye and barley? In other words, are people actually feeling better because they are also removing some FODMAPs when they go gluten-free?

A team led by Peter Gibson, M.D., at Monash University in Australia sought to answer that question by first looking at people with IBS who had found relief on gluten-free diets. These patients were in the wider universe of gluten-sensitive people because their apparent symptoms weren't explained by celiac disease or allergy. But rather than headache, or joint pain or the myriad other symptoms attributed to gluten, these patients' problems were in the gut.

To tease out whether gluten was really the problem, the patients were split into two groups: one group ate a muffin and two slices of bread with gluten every day for six weeks while the other group were given muffins and bread that were gluten-free. The result? The gluten-eating group had more gastrointestinal symptoms and tiredness

#### SKIP THIS FAD: GLUTEN-FREE FOR WEIGHT LOSS

A common reason people avoid gluten is to lose weight—an approach about 13 million people have taken, far overshadowing gluten avoidance for health issues.

To remove gluten from your diet, you have to stop eating wheat and foods that contain it, such as bread, pasta, cereal and crackers, which are all relatively rich in calories. If you replace them with foods like fruit, vegetables and lean meats, you may naturally eat fewer calories and lose weight. But if you replace them with gluten-free counterparts made with rice or other gluten-free flours, you're just substituting one carb for another and likely eating the same number of calories—possibly more—so you won't lose weight.

There's also a risk that if you're removing wheat from your diet, whole grains may go by the wayside too. There are many benefits to

whole grains—both gluten-containing and gluten-free. Large-scale studies show that people who eat a lot of whole grains instead of refined grains are less likely to gain weight. Eating whole grains may also help lower cholesterol and reduce your risk of heart disease.

"Weight gain on a gluten-free diet can be a problem," says Pamela Cureton, a registered dietitian at the Center for Celiac Research at MassGeneral Hospital for Children, though it depends on the nature of the diet. Fruits, vegetables, lean meat and a range of whole grains, including quinoa, oats and brown rice, are all gluten-free. But when a gluten-free diet is heavy on highly refined and processed carbs, such as white rice, rice crackers and gluten-free snack foods like pretzels, chips, doughnuts and cookies, weight gain may be an issue. These foods, after all, aren't that different from junk food made with wheat flour.



than the gluten-free group, supporting the hypothesis that gluten was the culprit. When the study was published in 2011, it was the first that appeared to confirm the existence of nonceliac gluten sensitivity.

In a second study, the Monash researchers sought to confirm the result with a more rigorous study design. They modified the test so that each person would eat both the gluten-containing and the gluten-free food. But before that dietary test, participants were placed on a low-FODMAP diet for two weeks. Then, while still on a low-FODMAP diet, they ate the gluten-containing diet, then the gluten-free one, with a break in between—a so-called cross-over study. That way the researchers could look at each individual's reaction to gluten while eating a low-FODMAP diet.

The result differed markedly from the first study: the participants were no worse-off consuming gluten than avoiding it. Indeed, the only significant improvement came when they went on the low-FODMAP diet before the gluten challenge began. "These people were already on a gluten-free diet, but for two weeks they went on a low-FODMAP diet and all had significant improvement in their symptoms"—measured by pain, bloating, stool consistency and tiredness—said Jessica Biesiekierski, Ph.D., lead author on the study and now a postdoctoral fellow at the University of Leuven in Belgium. The study concluded that gluten had no measurable impact on these IBS patients. In other words, they were not "gluten sensitive."

Subsequently, many articles appeared pointing to FODMAPs as the culprit in the symptoms people attribute to gluten. But even Biesiekierski says she gets ticked off when she reads that. "We never ever said nonceliac gluten sensitivity does not exist," she says. What they found was that these IBS patients did not have gluten sensitivity. But the study left open the possibility that gluten may be causing reactions for other patients—perhaps those who suffer from headaches or joint pain and not IBS.

For those who find avoiding gluten reduces intestinal distress, a breath test can quickly determine whether reducing fructans—the predominant FODMAP in wheat—might be what's actually helping. If fructans are the culprit, then you'd need to reduce or eliminate the long list of fructan-rich foods, which include apples, figs, watermelon, garlic, onions, cashews, chickpeas, baked beans, as well as wheat, barley and rye. But this low-FODMAP diet isn't usually permanent. After two to six weeks, a dietitian should assess the diet and help with gradually reintroducing foods to see which ones can and can't be tolerated.

Interestingly, another paper, published in 2013, also

looked at the effect of gluten on patients with IBS. Unlike the Monash study, these patients were not following a gluten-free diet at the outset of the study. One group of patients was then put on a gluten-free diet. They ended up with fewer bouts of diarrhea than the group who continued to eat gluten-containing foods, suggesting that gluten was problematic after all.

### Modern causes for modern diseases

ten, speculation is rife about the cause of the recent rise in documented celiac disease and in the anecdotal reports of widespread gluten sensitivity. Perhaps wheat has been bred to contain more gluten? Or maybe wheat itself has changed and become more toxic with the advent of modern hybrid wheat

hen it comes to glu-

more toxic with the advent of modern hybrid wheat breeding? Or perhaps, people speculate, genetically modified wheat is to blame for the epidemic of gluten-related problems?

Wheat is a complex plant, the result of three different species of grasses mating together and its genome contains five times as much DNA as that of a human. Bread wheat arose around 10,000 years ago in the Near East, when domesticated emmer wheat (itself the result of two interbred species) pollinated with a third wild plant known as goat grass and created the new species. In other words, wheat itself is a hybrid.

Plant breeders assert that these ancient hybridizations set the genetics for modern plants. "It kind of created the chassis of the car, and since then we've been tinkering with the engine and other parts, but we can't do much to change the basic structure," says Brett Carver, Ph.D., a wheat breeder and professor at Oklahoma State University. Although the technology is being tested in the field, none of the wheat we currently consume has been produced with genetic engineering because genetically modified (GMO) wheat has not been approved for sale anywhere in the world.

Some critics say modern wheat plants, which became popular in the 1960s, are to blame for rising health issues related to gluten. This line of thinking blames plant breeding, which was aimed at increasing wheat yields and boosting food supplies, especially in the developing world. The resulting less-diverse species of wheat, critics

"These people were already on a gluten-free diet, but they went on a low-FODMAP diet for two weeks and all had significant improvement in their symptoms."

-JESSICA BIESIEKIERSKI, PH.D.

"I never try and talk people out of being on a gluten-free diet, but if they are going to be on it, we try and make sure it's a healthy one."

-PETER H.R. GREEN, M.D.

assert, had increased or altered gluten content. While diversity *has* narrowed as breeders focus on particular strains of wheat, one recent study found that modern varieties of wheat have similar amounts of protein to those grown in the Great Plains before World War II (and protein tracks gluten levels closely).

A 2010 study found modern wheat contains higher amounts of the specific "trig-

gers" in gluten that can lead to celiac disease. Although this Dutch study has often been cited to argue that ancient wheat presents fewer problems for glutensensitive people, it only looked at celiac disease. These celiac disease triggers are located on a string of molecules that make up gluten, but those that may prompt gluten sensitivity may reside on another part of gluten entirely—it's unclear since they haven't yet been identified. Significantly, the study did not find a single variety, modern or ancient, that was free of celiac-triggering proteins.

Other theories about the rise of gluten sensitivity point toward quickly made yeast breads that took hold with industrial breadmaking. Sourdough fermentation can degrade gluten, but because this bread-baking method takes several hours or days and can be fickle, it was largely supplanted by commercial yeast until artisan bakers recently revived it. Researchers have taken the sourdough method quite far, making gluten-free sourdough wheat breads that are now being tested on celiac patients in Italy. This gluten-free bread is expected to hit the Italian market this year, says Marco Gobbetti, Ph.D., a microbiologist at the University of Bari in Italy, who has spearheaded these studies. While some people report having an easier time digesting sourdough breads, the wild yeast and bacteria in sourdough cultures are highly diverse and differ from one bakery to another and may not have the same effects on gluten. Gobbetti's specific strain was isolated and cultured in a laboratory, not on a kitchen counter.

Another theory is that we're actually consuming more gluten because vital wheat gluten is used in so many processed foods—from candy and cold cuts to soy sauce and soups. It's used to strengthen doughs, especially in whole-grain breads, and to stabilize and thicken other foods. A USDA researcher recently estimated that U.S. consumption of vital wheat gluten—which was only introduced in the mid-20th century—may have tripled in the last 40 years. More exposure to gluten might

lead to a higher incidence of gluten-related diseases—a plausible explanation, but still speculative.

Then there is the "hygiene hypothesis," which posits that the modern world's desire for cleanliness has compromised the ability of the immune system to recognize true threats. Once the immune system loses the capacity to tell friend from foe, it misfires. In this way, gluten sensitivity may be part of a larger trend that the hygiene hypothesis seeks to explain: rising rates of allergies and immune-related disorders, such as celiac disease and type 1 diabetes.

#### What's right for you

ecause physicians don't yet have a way to test for gluten sensitivity, doctors have to rely on what patients are telling them—and if patients report feeling better by avoiding gluten, most doctors see no reason to challenge them if explanations like celiac disease and wheat allergy (which can be tested for) are ruled out. "I never try and talk people out of being on a gluten-free diet," says Peter H.R. Green, M.D., director of the Celiac Disease Center at Columbia University Medical Center, "but if they are going to be on it, we try and make sure it's a healthy one." For a physician, this isn't an unreasonable approach. While the first account of celiac disease appeared in ancient Greece in the first century, it wasn't until after World War II that a Dutch physician proved that gluten was the cause. It took another few decades to unravel the mechanism by which gluten triggers the immune system and longer still to develop precise tools to diagnose celiac disease. In other words, the identification and treatment of the disease long preceded an understanding of the way it works, which is often the case with medicine. With nonceliac gluten sensitivity, "we're about where we were 20 years ago with celiac disease," Fasano says.

That said, the extreme of labeling gluten as a toxin for the human race only muddies the waters. Green, for one, has had patients report they are avoiding gluten at the advice of a life coach or psychiatrist—without being tested for any wheat-related illness. "So it's a bit out of control," he says. With wheat providing one-fifth of the world's calories, and even more in food-stressed regions of the world, Green thinks "you need good evidence" before you start telling people to avoid the staple altogether. And right now, that evidence doesn't exist.

SAMUEL FROMARTZ is editor-in-chief of the Food & Environment Reporting Network, an investigative journalism nonprofit, which produced this article in collaboration with EatingWell. He is also author of In Search of the Perfect Loaf: A Home Baker's Odyssey (Viking).





# TAKING CONTROL OF DIABETES TAKES AN EXTRA HAND®

The best way to live with diabetes is to not live with it alone. That's why Walgreens is right around the corner with the support you need. Our pharmacists are available 24/7 with expert advice and savings on medication and supplies. And we'll even help you stay on track by rewarding you for healthy behaviors, like checking your glucose.\* Because Walgreens is dedicated to helping you live well with diabetes.

Get your free private consultation with a trained Walgreens pharmacist today. Or visit Walgreens.com/Diabetes-help.



# Saving People Money Since 1936

... that's before there were shopping carts.

GEICO has been serving up great car insurance and fantastic customer service for more than 75 years. Get a quote and see how much you could save today.

geico.com | 1-800-947-AUTO | local office







We use half
whole-wheat flour
for a fiber boost \$
just enough butter
tor great flavor
and flaky texture.

School Scone 1

No baking degree required: gorgeous scones are as easy to make as a batch of muffins. Try these lemon-poppy seed scones or another one of our favorites on page 94.

SWEET & SAVORY

A drizzle of this super-quick glaze makes sweet scones more special.

#### TEST KITCHEN

#### **CLASSIC SCONES MASTER RECIPE**

**ACTIVE:** 20 MIN **TOTAL:** 45 MIN **TO MAKE AHEAD:** Store airtight for up to 1 day; reheat at 300°F for 10 to 15 minutes.

- 1½ cups all-purpose flour plus 2 tablespoons, divided
- 11/4 cups white whole-wheat flour
  - 1 tablespoon plus 1 teaspoon baking powder
  - 1 tablespoon sugar (savory)
    or 1/4 cup (sweet)
- ½ teaspoon sal
- 5 tablespoons cold unsalted butter, cut into ½-inch cubes
  - ADD-INS (see below)
- 1 cup reduced-fat milk or buttermilk
- 1 large egg

- 1. Preheat oven to 400°F. Coat a large baking sheet with cooking spray.
- **2.** Whisk  $1\frac{1}{2}$  cups all-purpose flour, whole-wheat flour, baking powder, sugar (1 tablespoon for savory,  $\frac{1}{4}$  cup for sweet) and salt in a large bowl. Using a pastry blender or your fingertips, cut or rub butter into the dry ingredients. Stir in ADD-INS.
- **3.** Whisk milk (or buttermilk) and egg in a medium bowl; stir into the dry ingredients until just combined.
- **4.** Sprinkle a work surface with 1 tablespoon flour. Turn the dough out and sprinkle with the remaining 1 tablespoon flour. Knead three to five times, or until the dough just comes together. Divide in half and pat each piece into a 5-inch circle. Cut each circle into 6 wedges and transfer to the prepared baking sheet.
- **5.** Bake the scones until firm to the touch, 18 to 24 minutes.

MAKES: 1 DOZEN (1 SCONE EACH)



#### IMPORTANT PATIENT INFORMATION

AMITIZA® [ah-mah-TEE-zah] (lubiprostone) soft gelatin capsules

#### Rx Only

Please read this consumer brief summary carefully before you start taking AMITIZA. Read it again each time you refill your prescription, in case there is any new information. This information does not take the place of talking to your healthcare professional about your medical condition or treatment. Ask your healthcare professional if you do not understand any of this information or if you want to learn more about AMITIZA.

#### What is AMITIZA?

AMITIZA is a prescription medicine formulated as a soft gelatin capsule and available in two dosages used to treat the following conditions:

- Chronic Idiopathic Constipation (orange capsules, 24 mcg, twice daily) in adults. Idiopathic means the cause of the constipation is unknown and not due to underlying illness or medication.
- Constipation caused by opioids, a type of prescription pain medicine, in adults with chronic, non-cancer pain (orange capsules, 24 mcg, twice daily).
   The effectiveness of AMITIZA has not been established if you are taking a diphenylheptane opioid (e.g., methadone).
- Irritable Bowel Syndrome with Constipation in adult women (pink capsules, 8 mcg, twice daily).

It is not known if AMITIZA is safe and effective in children under 18 years of age.

#### Who should not take AMITIZA?

Do not take AMITIZA if:

- You know or suspect you have a bowel blockage. If you are unsure, your healthcare professional should check your condition before starting AMITIZA.
- · You have severe diarrhea.
- You are pregnant or become pregnant, unless you have discussed this
  with your healthcare professional. Based on animal studies, AMITIZA may
  cause fetal harm. AMITIZA should only be used in pregnancy if the potential
  benefit justifies the potential risks to the fetus. If you are pregnant or
  become pregnant while being treated with AMITIZA, talk to your healthcare
  professional to evaluate the risks to the fetus. Tell your healthcare
  professional if you are breast-feeding, and monitor infants for diarrhea.
- You are allergic to AMITIZA or any of its ingredients. See the end of this brief summary of important patient information for a complete list of ingredients.

#### What should I tell my healthcare professional before and while taking AMITIZA?

#### Before you take AMITIZA, tell your healthcare professional if you:

- are pregnant or plan to become pregnant. AMITIZA has not been studied
  in pregnant women and should only be used during pregnancy if the
  potential benefits justify the potential risk to the fetus. If you are pregnant or
  become pregnant while being treated with AMITIZA, talk to your healthcare
  professional to evaluate the risks to the fetus.
- are breastfeeding or planning to breastfeed. If breastfeeding while taking AMITIZA, you should monitor the breastfed infant for diarrhea.
- · have liver problems.
- · cannot swallow a capsule.

Tell your healthcare professional about all the medicines you take or plan to take, including prescription and nonprescription medicines, vitamins and herbal supplements. AMITIZA may affect how other medicines work, and other medicines may affect how AMITIZA works. Especially tell your doctor if you are taking a diphenylheptane opioid (e.g., methadone).

#### How should I take AMITIZA?

AMITIZA is to be taken twice a day or as prescribed by your healthcare professional with food and water. Swallow the gelatin capsule whole. Capsules should not be broken apart or chewed.

If you miss a dose of AMITIZA, just skip that dose. Do not take two capsules to make up for the missed dose. Instead, just wait until the next time you are supposed to take it, and then take your normal dose.



#### What are the possible side effects of AMITIZA?

The most common side effects reported by patients taking AMITIZA 24 mcg twice daily included:

#### Chronic Idiopathic Constipation

- nausea
- diarrhea
- headache
- abdominal pain
- abdominal distention (bloating)
- gas

#### Opioid-Induced Constipation

- nausea
- diarrhea

The most common side effects reported by patients taking AMITIZA 8 mcg twice daily included:

#### Irritable Bowel Syndrome with Constipation

and Drug Administration (FDA) at 1-800-FDA-1088.

- nausea
- diarrhea
- abdominal pain

Patients taking AMITIZA may experience nausea; taking AMITIZA with food and water may reduce symptoms of nausea. If nausea becomes severe, consult your healthcare professional. If you experience severe diarrhea, stop taking AMITIZA and tell your healthcare professional. Within an hour of taking AMITIZA, a sensation of chest tightness and shortness of breath may occur; these symptoms usually go away within three hours, but may recur with repeated use. Tell your healthcare professional if you experience any of these symptoms. These are not all the possible side effects of AMITIZA. Tell your doctor if you have any side effects that bother you or that do not go away. For more information, ask your healthcare professional or pharmacist. Call your healthcare professional for medical advice about side effects. You may report side effects to the U.S. Food

#### How should I store AMITIZA?

Store AMITIZA at room temperature between 59° to 86°F (15° to 30°C) and protect from light and extreme temperatures. AMITIZA should be stored in a tightly closed, child-proof container and kept out of the reach of children. Do not use AMITIZA past the expiration date shown on the package.

#### **General information about AMITIZA**

Do not use AMITIZA for a disease or condition for which it was not prescribed. Do not give AMITIZA to others, even if they have the same symptoms you have. It may harm them.

If you would like more information, talk with your healthcare professional. You can ask your pharmacist or healthcare professional for information that is written for healthcare professionals. For more information about AMITIZA, you can visit the AMITIZA website at www.amitiza.com or call toll-free at 1-877-825-3327.

#### What are the ingredients in AMITIZA?

Active ingredient: lubiprostone, 24 mcg or 8 mcg

Inactive ingredients: medium-chain triglycerides, gelatin, sorbitol and purified water. The 24 mcg (orange) capsules also contain the dyes FD&C Red #40 and D&C Yellow #10. The 8 mcg (pink) capsules also contain the dyes ferric oxide and titanium dioxide.

Marketed by

Sucampo Pharma Americas, LLC., Bethesda, MD 20814

Takeda Pharmaceuticals America, Inc., Deerfield, IL 60015

AMITIZA® is a registered trademark of Sucampo AG.

© 2013 Sucampo Pharma Americas, LLC.

75205\_CFBS Rev. April 2013

L-LUB-0413-7



## Stumped in the Kitchen?

Send your cooking questions to Test Kitchen Manager Stacy Fraser at askus@eatingwell.com Sometimes I taste a metallic flavor in my baked goods. What is that and how can I avoid it?

-R. PERKINS. DENVER. CO

That off flavor is probably from too much baking powder and/or baking soda. Both types of leaveners create carbon dioxide bubbles in nonyeasted baked goods—such as cakes, muffins and scones—that make them light and fluffy. To understand where the off taste is coming from, we need to dig a little into the food science. Baking soda requires the presence of an acidic ingredient—such as buttermilk or lemon juice—to activate the leavening. With baking powder, the acid is built in. The acidic ingredient in baking powder is often a compound that contains aluminum, but manufacturers also make aluminum-free powders. (While the tiny amount of aluminum in baking powder is considered safe to consume, you can avoid it by choosing "aluminum-free.") Some experts say the metallic taste comes from the aluminum, but in a blind taste test, our tasters couldn't tell which baked goods were made with aluminum-containing baking powder and which contained the aluminum-free. We have, however, noticed a bitter, metallic and sometimes soapy taste when we use *too much* powder and/or soda. The rule-of-thumb ratio is: ¼ teaspoon baking soda and/or 1 teaspoon baking powder per 1 cup of flour. If your recipe calls for more than that, adjusting the amount(s) to align with the recommended ratios will probably eliminate that funny taste.



# celery





tahini

Find **celery root** (a.k.a. celeriac; *page 48*), a celery-flavored root vegetable with a cooked texture similar to potatoes, in the refrigerated produce section near other root vegetables. To peel it, trim off the root and stem end, then remove the thick skin with a knife or use a vegetable peeler and peel around the root several times to remove the fibrous skin. Try it in soups, roasted or mashed like potatoes.

It's tricky to find individual **chicken breasts** (*pages 60, 63*) small enough for one portion. Removing the thin strip of meat from the underside of a 5-ounce breast—the chicken tender—removes about 1 ounce of meat and yields a perfect 4-ounce portion. Wrap and freeze the tenders and when you have gathered enough, use them in a stir-fry or for oven-baked chicken fingers. If you can only find large chicken breasts, you'll need just 1 breast for 2 servings—remove the tender and cut it in half crosswise before cooking.

When a recipe calls for **raw eggs** (*pages 34, 36*), you can minimize the risk of foodborne illness by using pasteurized-in-the-shell eggs. Look for them in the refrigerator case near other whole eggs.

Freekeh (page 60) is wheat that's been harvested when it's still young, roasted and then cracked into a grain that looks similar to bulgur. Relatively new to the U.S., the chewy whole grain has a mild nutty flavor and is higher in fiber, protein and minerals than grains that are harvested once fully mature. Look for it in well-stocked supermarkets and natural-foods stores.

To make **Chinese-style pancakes** (try them with the Chinese Seared Pork with Five-Spice Rhubarb Sauce, *page 54*): Mix 11/4 cups all-purpose flour and 1/2 cup boiling

water in a bowl until combined (the mixture will look shaggy). Turn out onto a lightly floured surface and knead until smooth, about 5 minutes. Divide into 12 equal portions; roll each portion into a ball. Cover with a damp kitchen towel. Working with one at a time, on a lightly floured surface and with a floured rolling pin, roll each ball into a 5-to 6-inch pancake. Cook in batches in a lightly oiled cast-iron skillet (or griddle) over medium heat until speckled with golden brown spots, 1 to 2 minutes per side. Keep warm in a foil package or wrapped in a clean towel. Makes: 12 pancakes.

Preserved lemons (page 60)—lemons that have been soaked in a salt-lemon mixture for at least 30 days—add a distinctive salty-sour flavor common in North African salads, soups and stews. Look for them in specialty food stores or see our recipe at eatingwell.com.

Shao Hsing (or Shaoxing; pages 77, 79, 82) is a seasoned rice wine used in Chinese cooking to flavor sauces, marinades and stir-fries. Look for it in Asian specialty markets or with other Asian ingredients in large supermarkets. In a pinch, dry sherry is a good substitute.

Look for **soft sun-dried tomatoes** (not oil-packed; *page 94*) in the produce section of most supermarkets. If you can only find dry (and hard) sun-dried tomatoes, soak them in boiling water for about 20 minutes before using.

Tahini (pages 68, 69, 72) is a thick paste of ground sesame seeds. Look for it in large supermarkets in the Middle Eastern section or near other nut butters. Sadaf is one of our favorite brands—it's nutty, creamy and never bitter.





- Made from the blue agave plant
- · Bake, cook or pour
- Perfect sweetening, with a low-glycemic index



Find our **Agave Berry Breakfast Syrup** recipe at **dominoagave.com**.



													DAILY VALUE (15%+)					+)
RECIPE & NUTRITION  INDEX  Try our DIY Nut Butters.  pages 46-47!	45 MIN OR LESS	BUDGET	CALORIES	FAT/SAT (g)	CARBS (g)	FIBER (g)	SODIUM (mg)	LOW-CAL	HEART-HEALTHY	VEGETARIAN	VEGAN	GLUTEN-FREE	CALCIUM	FOLATE	IRON	VITAMIN A	VITAMIN B <sub>12</sub>	VITAMIN C
APPETIZERS																		
68 Double-Tahini Hummus			159	12/2	10	3	139			П	П			15				
70 Lamb with Mint, Orange & Pistachios			213	16/4	5	2	108										17	
72 Matbucha (Slow-Cooked Tomato Sauce)			186	17/3	5	2	283					П						16
53 Quick Pickled Rhubarb			16	0/0	4	1	22				•							
SOUPS & SALADS																		
34 Asparagus & Baby Kale Caesar Salad			206	17/3	9	3	275							44		94		90
37 Creamy Asparagus-Potato Soup	П		190	10/1	22	5	338							43		22		20
48 Mushroom & Herb Matzo Ball Soup			249	12/2	25	2	421									114		
70 Roasted Beet Salad			135	10/1	11	2	150							18				
72 Roasted Cauliflower Salad with Walnuts			200	17/2	11	4	149							25				114
79 Shrimp & Chinese Chive Wonton Soup			202	7/1	24	1	485									39		46
76 Watercress Salad with Sesame-Garlic Dressing			169	12/2	11	4	324							19		25		42
SIDES																		
36 Asparagus with Easy Hollandaise Sauce			163	13/8	9	4	179							80		51		29
80 Baby Bok Choy with Sherry Vinaigrette			92	8/1	3	1	346									94		49
71 Marinated Eggplant with Green Chermoula			226	21/3	8	4	286											16
69 Potatoes with Green Tahini Sauce			239	9/1	36	4	189											28
34 Roasted Asparagus, Mushrooms & Prosciutto			91	5/1	7	2	372							43		21		
77 Stir-Fried Chinese Broccoli			92	7/1	4	2	319							18		46		29
78 Stir-Fried Snow Pea Shoots with Pancetta			85	6/2	5	2	261									31		29
VEGETARIAN MAIN DISHES																		
82 Spicy Vegetable Lo Mein			351	9/2	53	5	427							27	16	30		136
24 Tex-Mex Black Bean & Quinoa Bowl		ш	_	_	53	12	658					_	31	43	26	21		95
40 Thai Peanut Curry Noodles	ш	ш	469	20/3	55	11	571			ш	ш			24	17	19		93
FISH & SEAFOOD																		
24 Seared Salmon with Pesto Fettuccine	ш		603		45	8	537		ш				37		23		104	
44 Shrimp Kebabs with Curry-Coconut Glaze			216	8/4	12	1	566	ш	ш									
POULTRY	- 4																	
61 Baked Chicken with Tarragon & Dijon Mustard		_	_	16/6	6	0	416	_										
42 Chicken Banh Mi Pizza	ч	ч	406		58	3	690	ш	ч							105		
63 Chicken Saltimbocca	_	н	_	15/6	14	0	443											
63 Chicken with Creamy Dill & Leek Sauce		ч	318	12/5	23	2	400	Н				Н	45	16	17	30		28
28 Creamy Pesto Chicken Salad with Greens	Н		_	20/4	9	2	454	н	ш			Н	15		15	36		29
40 Green Chicken Curry	ч	ш	358		20	4	604	ш				ш			0.4	231		51
60 Grilled Chicken Salad with Freekeh, Preserved Lemon & Dried Cherries			539		44	8	335		н						24	27		25
55 Rhubarb, Ginger & Saffron Baked Chicken			514	25/5	31	4	403		ч		-	ч			17			19
MEAT  54 Chinese Seared Pork with Five-Spice Rhubarb Sauce			210	0/2	10	1	20/						7					
		H	218 299	8/2 13/3	18 29	1	286		Н				21	68	30	218		54
,		_	_	14/6	34	6		H	ш				15	UÖ	25	£10	40	45
54 Rhubarb & Lamb Tagine 26 Steak with Cheddar Roasted Cabbage			368 352	21/7	34 14	5	495 597	н				н	19	20	15		23	92
SCONES	12 21		JJL	4111	14	J	JTI			100			17	20	IJ	or to	73	1L
94 Chocolate-Cherry Scones			214	7/4	33	2	276						7 7		17		-	
94 Ham & Cheese Scones	Ħ	Ħ	191	7/5	25	2	344	H					16		15			
94 Lemon-Poppy Seed Scones	н	н	187	6/4	28	2	276	н							16			
94 Morning Glory Scones	H	Ħ	233	9/4	35	3	287	Ħ		Ħ					17	20		
94 Smoked Salmon & Dill Scones	Ħ	н	173	6/3	25	2	306	н							15	2.0		
94 Sun-Dried Tomato, Thyme & Asiago Scones	Ħ	Ħ	184	7/4	26	2	310	Ħ		П			15		17			
DESSERTS			.01		2.0		3.0						1,5		"			
56 Panna Cotta with Rhubarb Sauce	10 110	П	227	8/5	35	0	142	П		1 1		П	19					
53 Rhubarb-Raspberry Crumble		Ħ		14/6	39	4	173			П								21
			-01			_		$\vdash$		_		_	- 1				_	_

### ◀ KEY TO RECIPE & NUTRITION INDEX

#### **HOW WE TEST RECIPES**

Each of our recipes is tested in the *EatingWell* Test Kitchen. Our goal is to provide healthy, delicious recipes that really work.

- Recipes are tested on average seven times each.
- We test on both gas and electric stoves.
- We use a variety of tools and techniques.
- Testers shop major supermarkets to research availability of ingredients.
- Testers measure active and total time to prepare each recipe.
- "Active" time includes prep time (the time it takes to chop, dice, puree, mix, combine, etc. before cooking begins), but it also includes the time spent tending something on the stovetop, in the oven or on the grill—and getting it to the table. If you can't walk away from it, we consider it active minutes.
- "Total" includes both active and inactive minutes and indicates the entire amount of time required for each recipe, start to finish.
- "To Make Ahead" gives storage instructions to help you plan. If particular "Equipment" is needed, we tell you that at the top of the recipe too.

#### HOW WE ANALYZE RECIPES

- All recipes are analyzed for nutrition content by a Registered Dietitian.
- We analyze for calories, total & saturated (sat) fat, cholesterol, carbohydrate, total & added sugars, protein, fiber, vitamins and minerals, using The Food Processor® SQL Nutrition Analysis Software from ESHA Research, Salem, OR. The complete analysis appears with each recipe or on eatingwell.com; some nutrients are highlighted here. (Note: Nutrition information is updated

- regularly. The analysis printed here may be different from updated versions on our website.)
- Garnishes and optional ingredients are not included in analyses.
- To help people eat in accordance with the USDA's Dietary Guidelines and Food Guide Pyramid, Eating Well's suggested portions generally are based upon standard serving sizes. For example, suggested servings for meat, poultry and fish are generally 3 to 4 ounces, cooked. A recommended portion of a starch-based side dish, such as rice or potatoes, is generally ½ cup. Vegetable side dishes are a minimum of ½ cup.

#### KEY TO COLUMN LABELS

 ${\bf 45\,MIN\,OR\,LESS:}\ \mbox{\fontfamily A recipe's start-to-finish time}$  is 45 minutes or less.

BUDGET: Entrees that cost less than \$3 per serving; sides and desserts that cost less than \$1.50 per serving. (See "How We Price Recipes," right.)

LOW-CAL: Entrees have ≤350 calories per serving; combination meals (protein plus starch or vegetable) have ≤420 calories; complete meals (protein plus starch and vegetable) have ≤500 calories. Side dishes, muffins, breads and desserts have ≤250 calories per serving; dips and salsas have ≤100 calories per serving.

HEART-HEALTHY: Recipes have limited saturated fat. Entrees have ≤3 grams saturated fat per serving (seafood entrees have ≤5 grams); combination meals (protein plus starch or vegetable) have ≤5 grams (seafood ≤7 grams); complete meals (protein plus starch and vegetable), including seafood meals, have ≤7 grams. Side dishes, muffins, breads and desserts have ≤2 grams saturated fat per serving; dips and salsas have ≤1 gram.

**VEGETARIAN:** Meatless or includes meatless ontions

**VEGAN:** No animal products. Check the labels of

ingredients, such as chocolate, to make sure they don't contain hidden sources of animal products.

**GLUTEN-FREE:** Does not include wheat, rye, barley or oats. Check the labels of ingredients, such as broths and condiments, to make sure they don't contain hidden sources of gluten.

% DAILY VALUE: When a recipe provides 15% or more of the Daily Value (dv) of a nutrient, it is listed. These values are FDA benchmarks for adults eating 2,000 calories a day.

For more on our nutritional-analysis process, visit eatingwell.com/go/guidelines.

#### **HOW WE PRICE RECIPES**

- Costs for ingredients come from online grocers safeway.com and peapod.com.
- Costs include every ingredient, even staples.
- Costs include only the amount used (e.g., 1 teaspoon of capers, not the entire jar).
- Garnishes and optional ingredients are not included in cost.
- Prices are best estimates as of winter 2015.



\$15,000 SWEEPSTAKES (page 7): NO PURCHASE NECESSARY TO ENTER OR WIN. Subject to Official Rules available at www.bhg.com/\$15ksweeps, www.parents.com/\$15ksweeps, www.fitness magazine.com/\$15ksweeps, www.divinezordine.com/\$15ksweeps and/or any of Meredith's websites which may promote the sweepstakes in various creative executions using a different VBL. The \$15,000 Sweepstakes begins at 12:01 a.m. CT on 12/10/14 and ends at 11:59 p.m. CT on 4/10/15. Open to legal residents of the 50 United States, and the District of Columbia, 21 years or older. Limit one (i) entry per person and per email address per day, regardless of the website used to submit entry. Void where prohibited. Sponsor: Meredith Corporation. Sweepstakes is offered by Meredith Corporation and may be promoted by any of Meredith's publications in various creative executions online and in print at any time for uniform the promoted by exceptakes.







Truth revealed about distilled, mineral, spring,

reverse osmosis, bottled, alkalized & more...

800-874-9028 ext 684 • www.waterwise.com/ew











Britta Riley shows that you can grow food anywhere, from an apartment window to the American Museum of Natural History (shown here).

By Carolyn Malcoun // Photo by Justin Steele

Who She Is

Growing up on a farm in rural Texas, Britta Riley
learned to garden from the older German women who lived nearby. As an adult, Riley moved to Brooklyn. Five years later, the novelty of city living wore off. She missed the connection she felt to nature when she was able to garden. "And I was disappointed by the bland, flavorless vegetables I was getting at the grocery store," Riley said. But neither her windowsill nor the fire escape of her apartment building proved to be good for gardening. What Riley thought could work, though, was this: stringing planters vertically up her window.

What She Did

An artist, Riley's hardly an expert in agriculture. So

she started a crowd-sourced online forum, now 40,000 strong, called Windowfarms to gather advice for her design. Over 2½ years, she and others cobbled together designs that users tinkered with. In 2011, she finally had a design she felt was right for an at-home window-garden kit. So Riley launched her business with a Kickstarter campaign. Her product: a vertical hydroponic garden kit that can be assembled in 10 minutes. There are now more than 10,000 people growing Windowfarms. The company also offers a delivery of fresh plants each month.

Why It's Cool

Windowfarms provides the tool for anyone to garden anywhere. In just an 8-inch-square footprint with 4½ feet of height plus some natural light, you can grow tomatoes, basil, kale and more in these gorgeous columns. (Rule of thumb: one column produces enough for a side salad a day.) "If you listen to people who grow their own food talk about the experience, you hear a deepening intuitive knowledge of their bodies' relationship with the world," Riley says. Another cool thing: Windowfarms are assembled by disabled veterans and other physically handicapped workers in a factory in New York state.



A recent study among Americans revealed that people with a SodaStream consume 3 more glasses of water and water-based drinks per day.\* That's because SodaStream makes ordinary water exciting and more fun to drink, by turning it into sparkling and flavored sparkling water in seconds. Now that's exciting!





## BEGINNER'S LUCK HAS NOTHING TO DO WITH IT.



More delicious results every time. Even the first. Wolf's precise control of heat and airflow takes guesswork out of cooking. Tell our convection steam oven what you're making. Its digital sensors know precisely the combination of steam and dry heat to make even daunting dishes a piece of cake. Or a tray of soufflés, as the case may be. wolfappliance.com



Wolf Convection Steam Oven

